



NIKEFOOTBALL SPARQ TRAINING
PRE-SEASON PROGRAM WEEK 1-2

The Nike Football SPARQ Training Pre-Season Program is an 8-week movement-based program designed to make your athletes more dynamic and explosive. Our program will help you teach your athletes to move more efficiently and increase their overall athletic ability. We believe better athletes make better players and our goal is to help you build a championship football team.

This program is based on proven training philosophies that have been developed over many years with athletes of all ages. For the coach, this program is effective because it replicates the movements and positions required in football. The stages of development are organized so that your youngest athletes will be able to see progress while your most advanced and talented athletes will be challenged on a daily basis.

The teaching hierarchy of the Nike Football SPARQ Training Pre-Season Program is progressive and sequential. This means your athletes will be taught the necessary movements on the field and in the weight room. Once they master the proper technique, they will then work on developing the speed of the movement and the loads required to develop peak athleticism.

This program is unique because it looks beyond the 'stronger is better' mentality. While developing strength is an important component of any program, it's not our end goal because we're making dynamic football players, not weight lifters. Use this 8-week movement-based program as part of your pre-season regimen and help ensure that your athletes train, practice, and compete at the highest level.

COACH CARLISLE

The Nike Football SPARQ Training Pre-Season Program was developed in conjunction with Chris Carlisle, the current Strength and Conditioning Coach of the Seattle Seahawks. Prior to coming to the Seahawks, Carlisle was an integral part of Pete Carroll's staff at USC and is credited with developing the explosive style of play that enabled the Trojans to become the most dominate program in college football over the past decade.



DYNAMIC WARM-UP SCHEDULE

DAY 1

Hip Flexor

Accelerate - 40 yards Hanging Hamstring Accelerate - 40 yards Quad Pull Backwards Run - 30 vards Staggered Hamstring (RT/LT)
Carioca Squat - 15/15 yards Saigon Squat Stiff Legged Bound - 20 yards 3-Way Splits High Knee Carioca - 10/10 yards

DAY 2

Accelerate - 40 yards Hanging Hamstring Accelerate - 40 yards Quad Pull Backwards Run - 20 vards Staggered Hamstring (RT/LT) Stiff Legged Bound - 20 yards Lateral Lunge - 10/10 yards 3-Way Lunge - 20 yards Spiderman - 10 yards Inch Worm - 10 yards

DAY 3

WEEK 1-5

Shuffle Right - 10 yards Shuffle Left - 10 yards Forward Ice Skater - 10 yards Backwards Ice Skater - 10 vards

WEEK 6-8

Shuffle Right - 10 yards Shuffle Left - 10 yards Forward Ice Skater - 10 vards Backwards Ice Skater - 10 yards Clams (RT/LT) - 10 reps Horizontal Marching (RT/LT) - 10 reps

WEEK 1

DAY 1

- Bicycles 1 x 8 reps
- Reach-Up 1x 8 reps
- Superman 1 x 8 reps

LINEAR BURST SPEED

- Stance / Swipe Drill
- Teach Stance 2x20 yards focus on Stance Teach Swipe - 2x20 yards focus on Swipe
- 2x20 yards Blend Technique

- One Foot In Each Hole
- Two Feet In Each Hole
- Lateral High Knee (RT/LT)
- Lateral Shuffle (lckv)
- High Knee Step Over

- Sprint-Shuffle-Back Pedal
- Shuffle-Back Pedal-Shuffle
- Back Pedal-Carioca-Sprint
- Sprint-Shuffle-Back Pedal-Diagonal Sprint

4 x 60/4, 65/4, 70/4, 75/4

BACK SOLIAT

4 x 65/5, 70/5, 75/5, 80/5

4 x 60/8, 65/8, 70/6, 72/6

Use Bench Max #'s to figure %'s 30° Incline 3 x 60/3, 62/3, 65/3

SHOULDER CIRCUIT A

- Dumbbell Shoulder Press 3x8
- Dumbbell Shrugs 3x10

- TRICEP CIRCUIT A
 EZ Bar Extension 3x8
- Close Grip Press 3x10

MANUAL NECK

x 5 reps

8 PLAY DRIVE

- 20 sec rest/2:00 min rest

DAY 2

- Sit-Up Touch 1x8 reps
- Partner Hand Off 1x8 reps - Lateral Toss (Knee) - 1x8 reps

- Snatch x6 throws
- Jerk x6 throws

JUMP AND LAND - Vertical Jump - x5

- Jump/Tuck x5
- Scissor Hop x6

3 x 55/4, 60/4, 60/4

4 x 60/4, 70/4, 75/4, 80/4

BOX STEP-LIP

3 x 50/5 50/5 50/5

3 x 50/5 50/5 50/5

BACK CIRCUIT A

- Dumbbell Row 3x8
- Wide Grip Pull-Up 3x8

BICEP CIRCUIT A - Wide Lat Pull-Up - 3x8

- Narrow Grip Pull-Up 3x8

40-50-60

- x 2 sets of 6
- 40 yards: O-Line/D-Line @7 sec
- 50 yards: LB/TE/FB/QB/SP @ 8 sec
- 60 yards: WR/Dumbbell @ 9 sec
- 30 sec rest/3:00 min rest

DAY 3

- Front Plank 2 x 20 seconds
- Right Plank 2 x 15 seconds
- Left Plank 2 x 15 seconds

- Scramble Start 2 x 20 yards -1/4 Turn (RT/LT) 2 x 20 yards -1/2 Turn (RT/LT) 2 x 20 yards
- Retrace 2 x 20 yards

- One Foot In Every Hole
- Lateral Shuffle (lcky)
- Lateral Scissor
- High Knee Step Over

- One Foot In Each Hole
- Lateral High Knee
- Zig-Zag Run

4 x 30/4, 32/4, 35/4, 37/4

BACK SOLIAT

4 x 60/5, 62/5, 65/5, 70/5

Scales 3 x5 (RT/LT)

4 x 60/8, 67/8, 70/7, 72/8

20/5, 25/5, 28/5

- Dumbbell T-Drills 3 x 7 - Dumbbell Shrugs - 3 x 10

- Tricep Extension/Close Grip - 3 x 5 - Power Ball Push-Up - 3 x 12

MANUAL NECK x 5 reps

- x 2 sets of 10

-15-18 sec rest/2:00 min rest

WEEK 2

DAY1

HORIZONTAL STABILITY

- Cats/Camels 1 x 8 reps
- Dead Bug 1 x 8 reps
- Reach Through 1x 8 reps

LINEAR BURST SPEED

- Wall Drill/Starts Teach Wall Drill - 6x20 yards Blend Stance/Starts - 2x20 yards

- One Foot In Each Hole
- Two Feet In Each Hole
- Lateral High Knee (RT/LT)
- Lateral Shuffle (lcky)
- High Knee Step Over

- Sprint-Shuffle-Sprint
- Shuffle-Shuffle-Sprint - Shuffle-Sprint-Shuffle
- Sprint-Sprint-Shuffle

4 x 62/4, 67/4, 72/4, 77/4

BACK SOLIAT

4 x 70/5, 75/5, 80/5, 82/5

4 x 60/6, 67/6, 72/6, 75/4

Use Bench Max #'s to figure %'s 45° Dumbbell Incline 3 x 27/4, 30/4, 30/4

- Plate Circuit 3x8
- Scap Pinch 3x20

- Push-Up Complex 3x20/15/10
- Dips 3x10-15

MANUAL NECK

x 5 reps

- x 2 sets of 6
- O-Line/D-Line @ 6.5 sec
- LB/TE/FB/QB/SP@6 sec
- WR/Dumbbell @ 5.5 sec - 30 sec rest/2:00 min rest

DAY 2

- Lateral Partner Toss 1x8 reps (RT/LT)
- One Arm Sit-Up Touch 1x8 reps (RT/LT)
- Scorpions 1x8 reps

- Thrust x6 throws
- Overhead x6 throws

STANDING LONG JUMP/LAND

- Standing Long Jump - x 8

3 x 55/4, 60/4, 62/4

4 x 62/4, 72/4, 77/4, 82/4

BOX STEP-LIP

3 x 52/5, 52/5, 52/5

3 x 52/5, 52/5, 52/5

- Dumbbell Bench Row 3x8
- Dumbbell Pull Over 3x8

- EZ Bar Curls 3x8
- Dumbbell Curls 3x8

- x 2 sets of 11

- -15-18 sec rest/2:00 min rest

DAY 3

- Front Plank 2 x 25 seconds
- Right Plank 2 x 20 seconds
- Left Plank 2 x 20 seconds

- Zig-Zag Run/Swoop Drill 5-yard Zig-Zag Run - 2 x 20 yards 360 Swoop Drill A & B - 4 x 20 vards 10-yard Ziq Zaq Run - 2 x 30 yards

- One Foot in Every Hole
- Lateral Shuffle (Icky)
- Lateral Scissor
- Two-In-Two-Out

4-BAG DRILLS

- Lateral-Lateral-Sprint
- Lateral-Sprint-Sprint
- Lateral-Shuffle-Sprint
- Lateral-Zig-Zag Run-Sprint

4 x 32/4, 35/4, 37/4, 40/4

BACK SOLIAT

4 x 62/5, 67/5, 72/5, 75/5

3 x 5

4 x 65/8, 72/6, 75/6, 77/5

25/4.28/4.30/4

- Upright Rows 3 x 8
- Wall Slides 3 x 5 (High/Low)

- Tricep Extension 3 x 10
- Tricep Overhead 3 x 10

MANUAL NECK

x 5 reps

8 PLAY DRIVE

- 20 sec rest/1:45 min rest

GROUPED DRILLS AND CIRCUITS NOT M-E SCHEDULE SPECIFIC

Agility

ROPE DRILLS:

Double Pane Every Hole Lateral Shuffle

Lateral Scissor High Knee Step Over Two - In - Two - Out Diagonal Ski Hops

Figure 8 Two Foot Hopscotch Scissors Two Foot Lateral Hop Diagonal Scissor

One Foot Figure 8 (RT/LT) 2-1-2 Hopscotch One Foot Lateral Hop (RT/LT) 1-2-1 Hopscotch Diagonal (RT/LT)

Scissors Diagonal Scissor

8 - Bag Drills One Foot In Each Hole Lateral High Knee Shuffle Ziq - Zaq Run

Sprint - Back Pedal

Two Foot Figure 8

2-1-2 Hopscotch

Two Foot Hopscotch

Two Foot Lateral Hop

One Foot Figure 8 (RT/LT)

Two Feet In Each Hole 4 - Bag Drills

Lateral - Lateral - Sprint Lateral - Sprint - Sprint Lateral - Shuffle - Sprint Lateral - Zig-Zag Run - Sprint

4-Cone Drills Sprint - Shuffle - Back Ped Shuffle - Back Ped - Shuffle Back Ped - Carioca - Sprint Spr- Shuf- Back Ped-Diag Spr

Short Shuttle Sprint - Shuffle - Sprint Shuffle - Shuffle - Sprint Shuffle - Sprint - Shuffle Sprint - Sprint - Shuffle

3-Cone Drills Pro-Agility Sprint - Back Pedal - Sprint Back Ped - Sprint - Back Ped Shuffle - Sprint - Sprint

F-Drills Spr - Shuf - Spr - Back Ped Back Ped - Shuf - Shuf - Spr Back Ped - Cari - Shuf - Spr Shuf - Spr - Back Ped - Shuf

SPEED LADDER: Single Pane

One Foot In Each Hole Two Feet In Each Hole Lateral High Knee (RT/LT) High Knee Step Over Two - In - Two - Out Two Foot Hopscotch Lateral Scissor

Lifting Circuits Ensure that you work maximally during your lifts and rest for 45 seconds between sets

Circuit A Dumbbell Row 3 X 8 Wide Grip Pull-Up

Circuit B

Dumbbell Bench Row 3 X 8 Dumbbell Pullover 3 X 8

Circuit C Wide Lat Pulldown 3 X 8 Narrow Grip Pull-up 3 X 8

Circuit D Dumbbell Stability Row 3 X 8 Narrow Grip Pull-up 3 X 8

Circuit A

Straight Bar Curl 3 X 8 Dumbbell Hammer Curl 3 X 8

Circuit B EZ Bar Curls 3 X 8 Dumbbell Curls 3 X 8

Circuit C Cable Curl 3 X 10 Hammer Curl 3 X 8

Circuit D 21's 3 X 21 (7/7/7) Band Curls 3 X 10

Circuit A

Dumbbell Shoulder Press 3 X 8 Dumbbell Shrugs X 10

Circuit B Plate Circuit 3 X 8 Scap Pinch 3 X 20

Circuit C

Upright Rows 3 X 8 Wall Slides 3 X 5 (High / Low) Circuit D

Dumbbell T-Drill 3 X 7

Dumbbell Shrugs 3 X 10

Circuit A EZ Bar Extension 3 X 8 Close Grip Press 3 X 10

Circuit B Push-up Complex x3 X 20/15/10 Dips 3 X 10-15

Circuit C Tricep Extension 3 X 10 Tricep Overhead 3 X 10

Circuit D

Tricep Ext/Close Grip 3 X 5 Power Ball Push-Up 3 X 12

MAX WEIGHT LIFTING RANGES

FOR ATHLETES WHO DO NOT KNOW THEIR MAXES, USE THIS CHART AS A GUIDE.

BODY TYPE	HANG CLEAN / POWER CLEAN	BENCH	SQUAT
HEAVY- WEIGHT	230 - 250 lbs	275 - 300 lbs	400 - 450 lbs
MIDDLE- WEIGHT	200 - 235 lbs	225 - 275 lbs	350 - 400 lbs
LIGHT- WEIGHT	185 - 200 lbs	200 - 225 lbs	275 - 350 lbs
FLYWEIGHT	45 - 185 lbs	45 - 200 lbs	45 - 275 lbs

Maxes from these three lifts will determine all of the major movement maxes.

HANG CLEAN / POWER CLEAN MAX WILL BE USED TO FIGURE:

Olympic Lifts (Hang Clean / Hang Snatch / Clean Pull / Dumbbell Jerk)
One Legged Lifts (Box Step-up and One Legged Squat)

BENCH PRESS MAX WILL BE USED TO BE USED TO FIGURE:

All Pressing: (Bench Press, Bench Press (Pause) / 30 and 45-degree Incline Bench / Dumbbell Flat Bench / 30 and 45-degree Dumbbell Bench and all Alternating Dumbbell Pressing Actions / Shoulder Press / Dumbbell Shoulder Press \ and all Alternating Dumbbell Pressing Actions.

SQUAT MAX WILL BE USED TO FIGURE:

Back Squat and Front Squat

One repetition maxing is not necessary to run this or any other program. The strength ranges are relative to size and body strength that the athlete shows during normal workouts. If a wide receiver can handle more weight by showing his ability to have great technique and speed of movement, then the athlete can move up to a higher strength level.

Often times with younger athletes, the bigger athletes are not always the strongest. If this is the case for your bigger athletes, allow them to move to a lower strength until they are able to show great technique and speed of movement. Once these two major areas are accomplished, the athlete can move up to a higher strength level.

If your don't do a one rep max with your team (or a rep max period), then start athletes at the beginner level and allow them to rise through the levels as they are able to handle the weight. Remember safety first and don't ever push an athlete to lift a weight that is out of their technique level. Always err on the side of safety!

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARO Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., it's trainers and affiliates from any and all damages.

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	20%	22.5%	25%	27%
100	20	20	25	30
110	20	25	30	30
120	25	30	30	35
130	25	30	30	25
140	30	30	35	40
150	30	35	40	40
160	30	35	40	40
170	35	40	40	45
180	35	40	45	50
190	40	40	45	50
200	40	45	50	55
210	40	45	50	55
220	45	50	55	60
240	50	55	60	65
250	50	55	65	65
260	52	60	65	70
270	55	60	70	75
280	55	65	70	75
290	60	65	75	80
300	60	70	75	80

LBS	20%	22.5%	25%	27%
310	65	70	80	80
320	65	75	80	85
330	70	75	80	85
340	70	80	85	90
350	70	80	90	95
360	75	80	90	95
LBS	30%	32.5%	35%	37.5%
100	30	35	35	40
110	35	35	40	40
120	40	40	45	45 50
130	40	40	45	
140	40	45	50	50
150	50	50	50	50
160	50	50	55	60
170	50	55	60	60
180	55	60	60	70
190	60	60	65	70
200	60	65	70	75
210	65	70	70	70
220	65	70	80	80

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	30%	32.5%	35%	37%
230	70	75	80	85
240	70	80	85	90
250	75	80	90	90
260	80	85	90	100
270	80	90	95	100
280	85	90	100	105
290	85	95	100	110
300	90	100	105	110
310	95	100	110	115
320	95	105	115	120
330	100	110	115	125
340	100	110	120	130
LBS	40%	42.5%	45%	47%
100	40	45	45	50
110	40	50	50	55
120	45	50	55	55
130	50	55	60	60
140	50	60	60	65
150	55	65	70	70
160	60	70	70	80

LBS	40%	42.5%	45%	47%
170	60	75	80	85
180	70	75	80	85
190	70	80	85	90
200	80	85	90	95
210	85	90	95	100
220	90	95	95	100
230	90	100	105	110
240	95	100	110	115
250	100	105	110	120
260	105	110	115	125
270	110	115	120	130
280	110	120	135	135
290	115	125	130	140
300	120	130	135	145
310	125	130	140	150
320	130	135	145	150
330	135	140	150	155
340	140	145	155	160
350	140	150	160	165
360	145	155	160	170

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%	_	LBS	50%	52.5%
100	50	55	55	60	_	200	100	105
105	55	55	60	60	_	205	100	105
110	55	60	60	65	_	210	105	110
115	60	60	65	65	_	215	110	110
120	60	65	65	70		220	110	115
125	60	65	70	70		225	110	120
130	65	70	70	75		230	115	120
135	70	70	75	75	_	235	120	120
140	70	75	75	80		240	120	120
145	70	75	80	80	_	245	120	125
150	75	80	85	85	_	250	125	130
155	80	80	85	90		255	130	130
160	80	85	90	95	_	260	130	130
165	80	85	90	95	_	265	130	135
170	85	90	95	100		270	135	140
175	90	90	95	100		275	135	140
180	90	95	100	105		280	140	145
185	90	95	100	105		285	140	145
190	95	100	105	110	_	290	145	150
195	100	100	110	110	_	295	145	150
-						_		

55%

57%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%	_	LBS	50%	52.5%	55%
300	150	160	165	170	-	400	200	210	220
305	150	160	165	175	_	405	200	210	220
310	155	165	170	180	_	410	205	215	225
315	155	165	175	180	_	415	205	215	230
320	160	170	175	185	_	420	210	220	230
325	160	170	180	185	_	425	210	220	235
330	165	175	180	185	_	430	215	225	235
335	165	175	185	190	_	435	215	225	240
340	170	180	185	195	_	440	220	230	240
345	170	180	190	195	_	445	220	230	245
350	175	185	190	200	_	450	225	235	250
355	175	185	195	200	_	455	225	235	250
360	180	190	200	205	_	460	230	240	255
365	180	190	200	210	_	465	230	240	255
370	185	195	205	215	_	470	235	245	260
375	185	195	205	215	_	475	235	245	260
380	190	200	210	215	_	480	240	250	265
385	190	200	210	220	_	485	240	250	265
390	195	205	215	225	_	490	245	255	270
395	195	205	215	225	_	495	245	255	270
					_	500	250	265	275

57%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%	LBS
100	60	62	65	67	200
105	65	65	70	70	205
110	65	70	70	75	210
115	70	70	75	75	215
120	70	75	80	80	220
125	75	75	80	85	225
130	80	80	85	85	230
135	80	85	85	90	235
140	85	85	90	95	240
145	85	90	95	95	245
150	90	95	95	100	250
155	95	95	100	105	255
160	95	100	105	105	260
165	100	100	105	110	265
170	100	105	110	115	270
175	105	110	115	115	275
180	110	110	115	120	280
185	110	115	120	125	285
190	115	115	125	125	290
195	115	120	125	130	295
				-	

LBS	60%	62.5%	65%	67%
200	120	125	130	135
205	120	130	135	140
210	125	130	135	140
215	130	135	140	145
220	130	140	145	150
225	135	140	145	150
230	140	145	150	155
235	140	145	150	160
240	145	150	155	160
245	150	150	160	165
250	150	155	160	170
255	155	160	165	170
260	155	160	170	175
265	160	165	170	175
270	160	170	175	180
275	165	170	180	185
280	170	175	180	190
285	170	175	185	190
290	175	180	190	195
295	175	180	190	195

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%	_	LBS	60%	62.5%	65%
300	180	190	195	200		400	240	250	260
305	185	190	200	205	-	405	245	250	265
310	185	195	200	210	-	410	245	255	265
315	190	195	205	210	-	415	250	255	270
320	190	200	210	215	-	420	250	265	275
325	195	200	210	215	-	425	255	265	275
330	200	205	215	220	-	430	260	270	280
335	200	205	215	225	-	435	260	270	280
340	205	215	220	230	-	440	265	275	285
345	205	215	225	230	-	445	265	275	290
350	210	220	230	235	-	450	270	280	290
355	215	220	230	235	-	455	275	280	295
360	215	225	235	245	-	460	275	290	300
365	220	225	235	245	-	465	280	290	300
370	220	230	240	250	-	470	280	295	305
375	225	230	245	250	-	475	285	295	310
380	230	240	245	255	-	480	290	300	310
385	230	240	250	255	-	485	290	300	315
390	235	245	255	265	-	490	295	305	320
395	235	245	255	265	-	495	295	305	320
					-	500	300	315	325

67%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%	LBS	70%	72.5%	75%
100	70	70	75	80	200	140	145	150
105	75	75	80	80	205	145	150	155
110	80	80	80	85	210	145	150	155
115	80	80	85	90	215	150	155	160
120	85	85	90	90	220	155	160	165
125	90	90	95	95	225	155	160	170
130	90	95	100	100	230	160	165	170
135	95	100	100	105	235	165	170	175
140	100	100	105	110	240	170	170	180
145	100	105	110	110	245	170	175	185
150	105	110	110	115	250	175	180	185
155	110	110	115	115	255	180	185	190
160	110	115	120	120	260	180	185	195
165	115	120	125	125	265	185	190	200
170	120	120	125	130	270	190	195	200
175	120	125	130	135	275	190	200	205
180	125	130	135	140	280	195	200	210
185	130	135	140	140	285	200	205	215
190	135	140	145	150	290	205	210	215
195	135	140	145	150	295	205	210	220

77%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%		LBS	70%	72.5%	75%	77%
300	210	215	225	230	_	400	280	290	300	310
305	215	220	230	235	_	405	285	290	305	310
310	215	225	230	240	_	410	285	295	310	320
315	220	225	235	240	-	415	290	300	310	320
320	225	230	240	245	_	420	295	305	315	325
325	225	235	245	250	_	425	295	305	320	325
330	230	235	245	255	_	430	300	310	320	335
335	235	240	250	255	_	435	305	315	325	335
340	240	245	255	260		440	310	320	330	340
345	240	250	260	265		445	310	320	335	340
350	245	255	260	270	-	450	315	325	340	350
355	250	255	265	275	-	455	320	325	340	350
360	250	260	270	280	-	460	320	335	345	355
365	255	260	275	280	-	465	325	335	350	360
370	260	270	280	285	-	470	330	340	350	365
375	260	270	280	290		475	330	340	355	365
380	265	275	285	295		480	335	350	360	370
385	270	275	290	295		485	340	350	365	375
390	275	285	295	300	_	490	345	355	370	380
395	275	285	295	305	_	495	345	355	370	380
					-	500	350	365	375	390

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%	_	LBS	80%	82.5%	85%
100	80	85	85	90	_	200	160	165	170
105	85	85	90	90	_	205	165	170	175
110	90	90	95	95		210	170	175	180
115	90	90	95	100		215	170	175	180
120	95	100	100	105	_	220	175	180	185
125	100	100	105	110	_	225	180	185	190
130	105	105	110	115	_	230	185	190	195
135	110	110	115	120	_	235	190	195	200
140	110	115	120	125	_	240	190	200	205
145	120	125	125	130	_	245	195	200	210
150	120	125	130	130	_	250	200	205	210
155	125	130	130	135	_	255	200	210	215
160	130	130	135	140	_	260	210	215	220
165	130	135	140	145	_	265	210	215	225
170	135	140	145	150	_	270	215	225	230
175	140	145	150	150	_	275	220	225	235
180	145	150	155	155	_	280	225	230	240
185	150	150	160	160	_	285	230	235	240
190	150	155	160	165	_	290	230	240	245
195	155	160	165	170	_	295	235	240	250

87%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%	_	LBS	80%	82.5%	85%	87%
300	240	250	255	265	_	400	320	330	340	350
305	245	250	260	265	_	405	325	330	345	350
310	250	255	265	270	_	410	330	340	350	360
315	250	260	265	275		415	330	340	350	360
320	255	265	270	280	_	420	335	345	360	370
325	260	265	275	280	_	425	340	350	360	370
330	265	270	280	290		430	345	355	365	375
335	270	275	285	290	_	435	350	355	370	380
340	270	280	290	300	_	440	350	365	375	385
345	275	280	295	300	_	445	355	365	380	385
350	280	290	300	305	_	450	360	370	380	395
355	285	290	300	310	_	455	365	375	385	395
360	290	295	305	315	_	460	370	380	390	405
365	290	300	310	315	_	465	370	380	395	405
370	295	305	315	325	_	470	375	390	400	410
375	300	305	320	325	_	475	380	390	405	415
380	305	315	325	335	_	480	385	395	410	420
385	310	315	325	335	_	485	390	395	410	420
390	310	320	330	340	_	490	390	405	415	430
395	315	325	335	340	_	495	395	405	415	430
					_	500	400	415	425	440

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%	LBS	90%
100	90	95	95	95	205	185
105	95	95	100	100	210	190
115	100	105	110	110	215	195
120	110	110	115	115	220	200
125	110	115	120	120	225	210
130	115	120	125	125	230	205
135	120	125	130	130	235	210
140	125	130	135	135	240	215
145	130	135	140	140	245	220
150	135	140	145	145	250	225
155	140	140	150	150	255	230
160	145	145	150	150	260	235
165	150	150	155	160	265	240
170	155	155	160	165	270	245
175	160	160	165	170	275	245
180	160	165	170	175	280	250
185	165	170	175	180	285	255
190	170	175	180	185	290	260
195	175	180	185	190	295	265
200	180	185	190	195	300	270

92.5%

95%

97%

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%
305	275	280	290	295
310	280	285	295	300
315	285	290	300	305
320	290	295	305	310
325	290	300	310	315
330	295	305	315	320
335	300	310	320	325
340	305	315	325	330
345	310	315	325	335
350	315	325	330	340
355	320	325	335	345
360	325	335	340	350
365	330	335	345	355
370	330	340	350	360
375	335	345	355	365
380	340	350	360	370
385	345	355	365	375
390	350	360	370	280
395	355	365	375	385
400	360	370	380	390

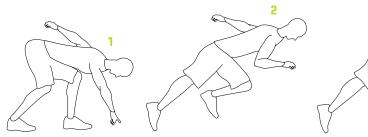
LBS	90%	92.5%	95%	97%
405	365	370	385	390
420	380	390	400	410
425	380	390	405	410
430	390	400	410	420
435	390	400	415	420
440	395	405	420	430
445	400	410	420	430
450	405	415	430	440
455	410	420	430	440
460	415	425	440	450
465	420	425	440	450
470	425	435	445	460
475	425	435	450	460
480	430	445	455	470
485	435	445	460	470
490	440	455	465	480
495	445	455	470	480
500	450	465	475	490

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARQ Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., it's trainers and affiliates from any and all damages.



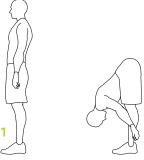
DAY1

ACCELERATE - 40 yards



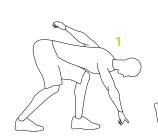
- 1. The athlete will start the drill in a three point stance, with their hand behind the line
- 2. The athlete will accelerate to about 50% - 60% of top speed
- 3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
- 4. Always use proper technique, this is not a jog

HANGING HAMSTRING



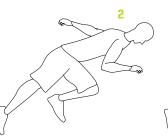
- 1. The athlete will put both feet together 2. The athlete will bend at the waist, keeping their back flat, and grab their calves or behind the knee and slowly pull their chest towards their knees
- 3. Do not allow the knees to bend
 - 4. Never force a stretch to an uncomfortable level

ACCELERATE - 40 yards

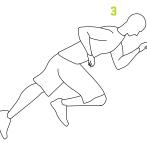


1. The athlete will start the drill in a three point stance, with their

hand behind the line



2. The athlete will accelerate to about 50% - 60% of top speed

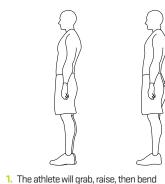


3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed



4. Always use proper technique, this is not a jog

QUAD PULL



their right leg so that the heel is

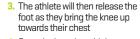
and will stretch the hip flexor and

quadriceps for 10 - 15 seconds

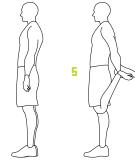
2. The athlete will grasp the ankle

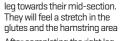






4. Once the knee is as high up as the athlete can get it they will grasp the shin and hug the bent





5. After completing the right leg repeat the stretch with the left leg



6. Never force a stretch to an uncomfortable level

BACKWARDS RUN

near the glutes

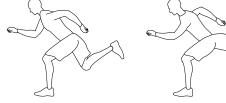
- 30 yards





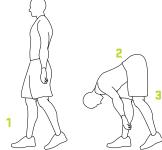




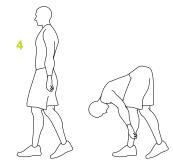


- 1. Begin with the heels next to the line. At the whistle the athlete will lean forward and begin to run backwards
- 2. This drill is different than a back pedal in that the athlete will kick and reach with their heels
- 3. The arms should swing in a normal running pattern

STAGGERED HAMSTRING (RT/LT)



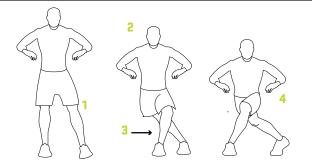
- 1. Begin with the athlete's right leg staggered no farther than heel to toe relationship from the left foot
- 2. The athlete will bend forward at the hip, keeping their back flat, and their right leg slightly bent
- 3. As the athlete lowers themselves they will push their hips back so that they feel a stretch in the right leg
- 4. After completing the right leg repeat the stretch with the left leg



5. Never force a stretch to an uncomfortable level

DAY1

CARIOCA SWAT - 15/15 yards



- 1. While standing tall, step slightly forward and to the side with your
- 2. Keep chest and head up through the entire drill
- 3. Take right knee and stretch it behind the shin of the left leg
- 4. With weight on right foot, lunge to the side and slightly forward with the left leg
- 5. Repeat under step with right leg 6. Keep chest and head up throughout the movement

SAIGON SQUAT



1. Begin with the feet shoulder width apart. Make sure that the toes are slightly turned out

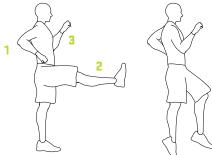
2. The athlete will squat down so that the hips are near the ground. Ensure that the heels are flat to the ground



3. The athlete will push out on the inside of the leg so that they feel a stretch in the groin area

4. Never force a stretch to an uncomfortable level

STIFF LEGGED BOUND



1. The athlete will bound out just like a drum major



2. During the movement the keep the legs straight



3. The arms will move just as if the athlete were running

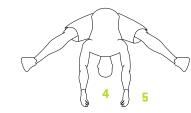


4. Continue the movement until they have covered the required distance

- 20 yards

3-WAY SPLITS



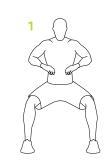




- 1. The athlete will stretch their legs out as far as possible
- 2. While facing their right foot the athlete will ensure that the right foot is on the heel while the left foot is on the toes
- 3. Hands will be on the ground on either side of the athletes body for support
- 4. After holding this position for 10 - 15 seconds they athlete will rotate around so they are facing forward again. Both feet will be flat on the ground with most of the weight on the instep
- 5. The athlete will walk forward until the hips touch the ground and then they will walk back until they are in the initial position
- 6. The athlete will then rotate around so that the front leg is on the left heel so that they right foot is on the toes
- 7. Once all three directions have been completed that athlete will rise to a standing position
- 8. Never force a stretch to an uncomfortable level

HIGH KNEE CARIOCA

- 10/10 yards



1. This exercise requires the athlete to exchange a step over and a step under movement

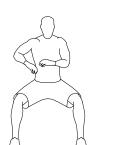


2. Make sure that the knee rises as far as comfortable during the step over movement so that a stretch will occur



3. Keep the arm movement very natural 4. Continue the movement for the

required distance







HIP FLEXOR



- 1. This stretch begins with the athlete on a foot and on one knee with the right leg forward
- 2. The athlete will lean forward on the left knee and will stretch their arms over their heads to get a better stretch
- 3. After holding this position for

10 - 15 seconds the athlete will

rotate at the waist to the right

4. After holding this position for 10 - 15 seconds the athlete will rotate at the waist to the left



- 5. The athlete will switch legs and repeat the sequence
- 6. Never force a stretch to an uncomfortable level

ACCELERATE - 40 yards





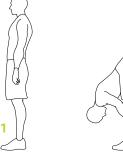






- 1. The athlete will start the drill in a three point stance, with their hand behind the line
- 2. The athlete will accelerate to about 50% - 60% of top speed
- 3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed
- 4. Always use proper technique, this is not a jog

HANGING HAMSTRING



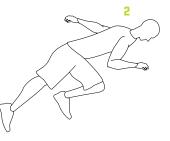
- 1. The athlete will put both feet together 2. The athlete will bend at the waist, keeping their back flat, and grab their calves or behind the knee and slowly pull their chest towards their knees
 - 3. Do not allow the knees to bend
 - 4. Never force a stretch to an uncomfortable level

ACCELERATE - 40 yards





hand behind the line



2. The athlete will accelerate to about 50% - 60% of top speed



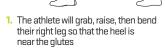
3. On the 2nd acceleration the athlete shoulder work toward 75% of their top speed



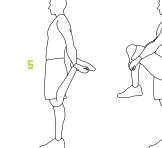
4. Always use proper technique, this is not a jog

QUAD PULL



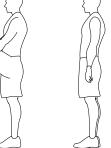


- 2. The athlete will grasp the ankle and will stretch the hip flexor and quadriceps for 10 - 15 seconds
- 3. The athlete will then release the foot as they bring the knee up towards their chest
- 4. Once the knee is as high up as the athlete can get it they will grasp the shin and hug the bent



leg towards their mid-section. They will feel a stretch in the glutes and the hamstring area

5. After completing the right leg repeat the stretch with the left leg

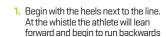


6. Never force a stretch to an uncomfortable level

BACKWARDS RUN

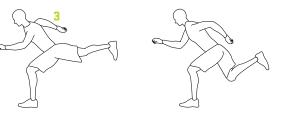
- 20 yards





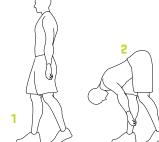


2. This drill is different than a back pedal in that the athlete will kick and reach with their heels



3. The arms should swing in a normal running pattern

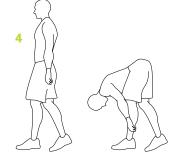
STAGGERED HAMSTRING (RT/LT)



- 1. Begin with the athlete's right leg staggered no farther than heel to toe relationship from the left foot
- 2. The athlete will bend forward at the hip, keeping their back flat, and their right leg slightly bent

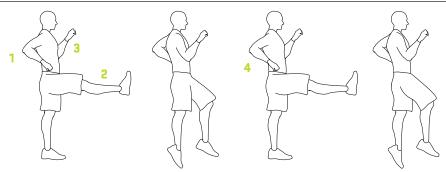


- 3. As the athlete lowers themselves they will push their hips back so that they feel a stretch in the right leg
- 4. After completing the right leg repeat the stretch with the left leg



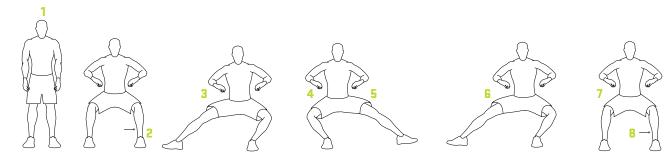
5. Never force a stretch to an uncomfortable level

STIFF LEGGED BOUND - 20 yards



- 1. The athlete will bound out just like a drum major
- 2. During the movement the keep the legs straight
- 3. The arms will move just as if the athlete were running
- 4. Continue the movement until they have covered the required distance

LATERAL LUNGE - 10/10 yards



- Stand tall
- 2. Lunge out with left foot
- 3. Keep hip level the same throughout 4. Shift weight over left leg
- 5. Shift weight over right leg
- 6. Keep hip level the same
- 7. Shift weight back over left leg
- 8. Stand and lunge to the left again

3-WAY LUNGE - 20 yards



- 1. The athlete will lunge forward as far as possible
- 2. In the lunge position the athlete will raise their arms over their head



- 3. The athlete will step with the left foot and will again raise their arms over their head
- 4. After the next step with the right leg the athlete will turn to the right

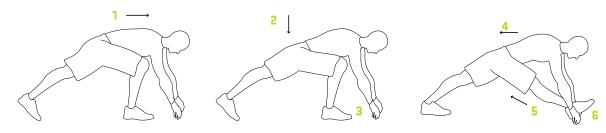


- 5. The athlete will then step with their left foot and again turn to the right
- 6. After the next step with the right leg the athlete will turn to the left



- 7. The athlete will then step with their left foot and again turn
- 8. Continue the rotation of lunges and turns for the required distance

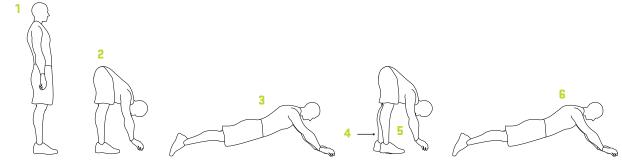
SPIDERMAN - 10 yards



- Lunge forward
- 2. Lower hips towards ground
- 3. Hands remain on ground
- 4. Rock back

- Straighten lead leg
- 6. Hands remain on ground 10 yards total

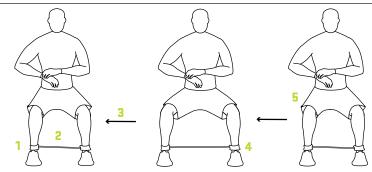
INCHWORM - 10 yards



- Stand tall
- 2. Hands on floor, legs straight
- 3. Walk hands out to extended position
- 4. Walk feet up to hands
- 5. Keep legs straight
- 6. Repeat
- 7. Continue drill for 10 yards

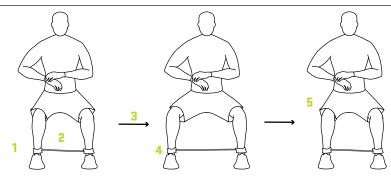
DAY 3 WEEK 1-2

SHUFFLE RIGHT -10 yards



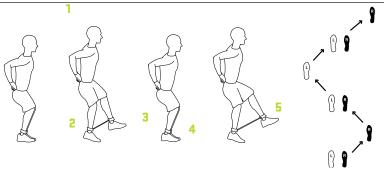
- The athlete will put a band around their ankles. And assume a football position with their knees bent and their head up and back flat, do not bend at the waist
- Begin the drill with the feet at hip width apart, the feet will never come closer than the hip width position
- 3. The athlete will lunge out to a shoulder width distance. As the athlete moves their foot their chest will follow the movement of the lead foot
- 4. Do not allow the athlete to lean on the trail foot as they lunge to the side
- 5. After completing the prescribed distance do not allow the athlete to stand up. The athlete should return to the starting point. It is important to keep the stress on the hips during

SHUFFLE LEFT - 10 yards



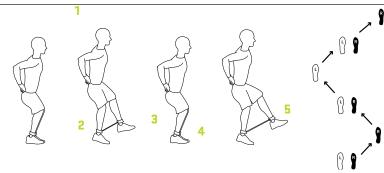
- The athlete will put a band around their ankles. And assume a football position with their knees bent and their head up and back flat, do not bend at the waist
- Begin the drill with the feet at hip width apart, the feet will never come closer than the hip width position
- 3. The athlete will lunge out to a shoulder width distance. As the athlete moves their foot their chest
- will follow the movement of the lead foot
- 4. Do not allow the athlete to lean on the trail foot as they lunge to the side
- 5. After completing the prescribed distance do not allow the athlete to stand up. The athlete should return to the starting point. It is important to keep the stress on the hips during this movement

ICE SKATER FORWARD - 10 yards



- The athlete will assume an athletic position with the bands around their ankles, hands behind their backs with their chest up
- 2. The athlete will step out on a 45° angle with right foot. As the foot comes into contact with the ground it is important to make sure that it
- lands full footed, do not land on the heel or on the toes but on the
- 3. The athlete will step with left foot and bring the feet together. The athlete will step out with left foot on a 45° angle. Make sure the athlete lands full footed
- 4. The athlete will bring right foot together with the left foot again. Continue this movement for the rest of the prescribed distance
- 5. After getting to the far point the athlete will step backward on a 45° angle with the right foot leading with the heel, landing on a full foot
- **6.** The athlete will move the left foot together with right foot.
- The athlete will step back on a 45° angle with left foot. Make sure that the athlete stays down in the football position for the entire exercise

ICE SKATER BACKWARD - 10 yards



- The athlete will assume an athletic position with the bands around their ankles, hands behind their backs with their chest up
- 2. The athlete will step out on a 45° angle with right foot. As the foot comes into contact with the ground it is important to make sure that it
- lands full footed, do not land on the heel or on the toes but on the whole foot
- 3. The athlete will step with left foot and bring the feet together. The athlete will step out with left foot on a 45° angle. Make sure the athlete lands full footed
- 4. The athlete will bring right foot together with the left foot again.

 Continue this movement for the rest of the prescribed distance

 7
- 5. After getting to the far point the athlete will step backward on a 45° angle with the right foot leading with the heel, landing on a full foot
- The athlete will move the left foot together with right foot.
- The athlete will step back on a 45° angle with left foot. Make sure that the athlete stays down in the football position for the entire exercise

HORIZONTAL STABILITY : Bicycle

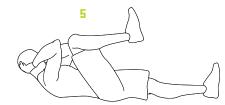
-1 x 8 reps



- 1. Start this exercise in a crunched position with both feet off the floor bent at 90°
- 2. Hands behind the ears, not behind the neck



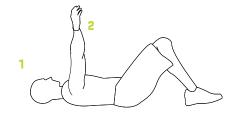
- 3. Extend the right leg out while twisting the torso to meet the left knee with right elbow
- 4. Hold for one second and then return to starting position



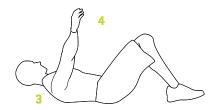
5. Repeat on opposite side focusing on controlling the movement

HORIZONTAL STABILITY: Reach-Up

-1 x 8 reps



- 1. To begin the exercise keep your back and both feet on the floor, both legs should be bent at a 45° angle
- 2. Extend the arms above your chest



- 3. Lift the shoulder blades off the floor, hold for a second, and return
- 4. Inhale on the way down and exhale on the way up

HORIZONTAL STABILITY: Superman

-1 x 8 reps



- 1. To begin this exercise lay flat on the stomach with both arms and legs extended straight out
- 2. Lift the torso and thighs off the ground at the same time



- 3. Keep the thumbs up, and legs straight
- 4. This is not a jerking motion, lift the body up, hold for one second, and then return to the floor

LINEAR BURST SPEED : Stance

- 2x20 yards focus on Stance/2x20 yards Blend Technique



- 1. Foot Position: Front Leg=One show length back from the line. Drive Leg (Back)= Heel-to-Toe (minimum)
- 2. Knee Angle: Front Leg = 90° up to 100°. Drive leg (Back) = 135°



- 3. Body Position: Straight line from tailbone to top of the head Hips higher than shoulder. Eyes are looking two inches behind start line
- 4. Hand Position: Ground Hand = Turned 1/4 turn out from football stance.

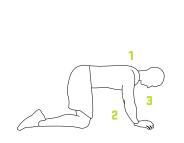


- Finger Tip Bridge: Swing Arm = Slightly above hip line, relaxed
- 5. Body Lean: 90% of body weight on the Ground Hand and Front Leg. 10% of body weight on Drive Leg

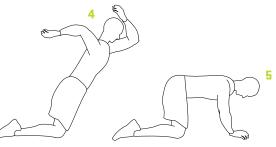


LINEAR BURST SPEED : Swipe

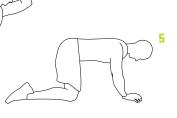
- 2x20 yards focus on Swipe/2x20 yards Blend Technique



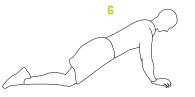
- 1. Hands and Knees / 75% of weight is on hands
- 2. Finger tip bridge
- 3. Even though both hands are on the ground one of the hands will be the



- designated "Ground hand" while the other will be the "Swing Arm"
- 4. Ground Hand swipes back as Swing Arm bends at the elbow so the forearm flashes in front of the eyes or cloaks the eyes



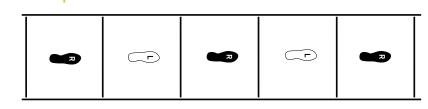
- 5. Athlete catches themselves as the hands return to the ground after the movement
- 6. 2nd Progression: Athlete will extend themselves so that all their weight is on the hands with their body being



- extended in a straight line from knees on the ground to the top of
- 7. Swipe and Cloak action must very quick

SPEED LADDER : One Foot In Each Hole



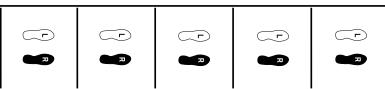


- 1. The athlete will run through the speed ladder making sure that one foot hits each of the open spaces in the ladder
- 2. Make sure the athlete is not looking at the speed ladder as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER: Two Feet In Each Hole



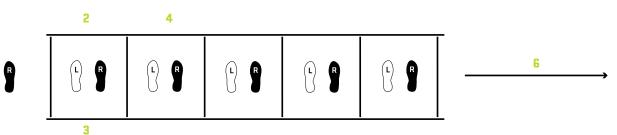




3

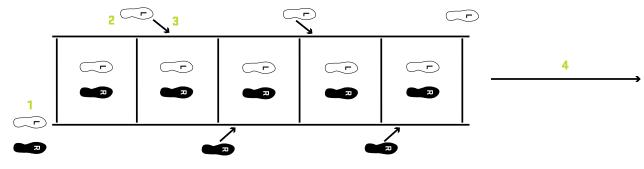
- 1. The athlete will run through the speed ladder making sure that both feet hit each of the open spaces in the ladder
- 2. Make sure the athlete is not looking at the speed ladder as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Lateral High Knee (RT/LT)



- 1. The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
- 2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- 3. The athlete will then follow with the left foot (right foot when going left stepping into the same hole
- 4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee when leading with the left leg) to hip height and step into the next hole
- 5. Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the speed ladder as they move down the course
- 6. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

SPEED LADDER : Lateral Shuffle (lcky)

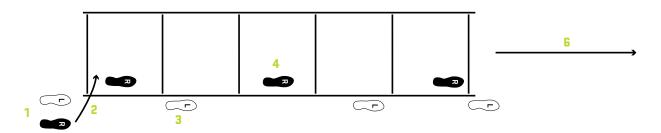


- 1. The athlete will face down the speed ladder to begin the drill
- 2. The athlete will move laterally across the speed ladder making sure both will alternately hit each hole
- 3. Once the outside foot steps outside of the speed ladder that athlete will start back into the next hole and move laterally across the ladder. Make sure the athlete is not looking at the speed ladder as they move

down the course

4. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER: High Knee Step Over



- 1. The athlete will start lined up on the right side of the speed ladder facingdown the right vertical line of the speed ladder
- 2. The drill will commence with the athlete stepping over their left leg with their right foot landing in the first hole
- 3. The athlete will then step over the top of the right foot with their left foot landing on the outside of the speed ladder
- 4. The athlete will then step over with the right leg back into the ladder's next hole
- 5. Continue this high knee step over move their hips. Make sure the process for the rest of the speed athlete is not looking at the speed ladder. It is important that the athlete ladder as they move down the course is stepping over, not swinging their leg around as they step over. The drill

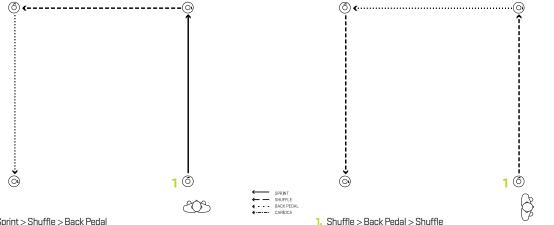
will help loosen the athlete's ability to

4-CONE: Shuffle - Back Pedal - Shuffle

6. The athlete will finish the drill by sprinting 5-yards past the ladder

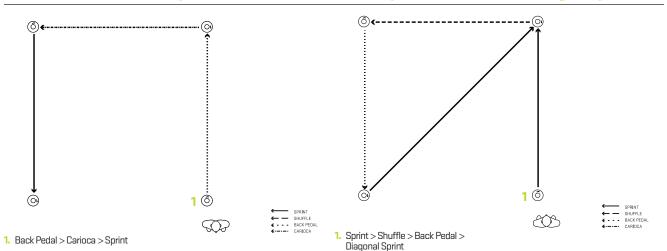
4-CONE : Sprint - Shuffle - Back Pedal





1. Sprint > Shuffle > Back Pedal

4-CONE: Back Pedal - Carioca - Sprint 4-CONE : Sprint - Shuffle - Back Pedal - Diagonal Sprint



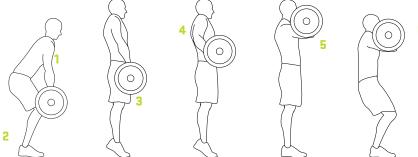
DAY 1

- 3 x 8

- 3 x 10



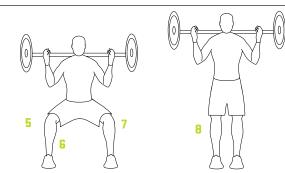
collar bone



- 1. Hold the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
- 2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
- 3. Keeping the core tight, chest up, and back flat - slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
- 4. Explosively extend the body vertically and shrug to pull the bar up, literally
- - bend and move up to the side
- jumping off the platform to shift the feet (don't jump for height, jump to shift the feet)
 - 5. As the bar continues to move upward, allow the elbows to
- 6. As the bar approaches shoulder level, pull the body down into a quarter-squat position, rotate the elbows under and "catch" the bar by allowing it to rest on the shoulders

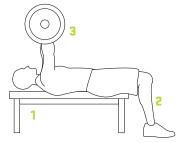
BACK SQUAT

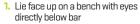
- 4 x 65/5, 70/5, 75/5, 80/5



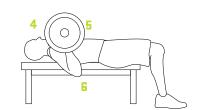
- 1. Position the bar behind the head on the upper part of the back/ trap area where it rests most comfortably using a wider than shoulder width grip
- 2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
- 3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
- 4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- 5. Begin the decent by setting the hips back slightly to shift the weight
- 6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the around
- 7. Knees should be kept in line with the toes but never allowed to shift in front of them
- 8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

BENCH - 4 x 60/8, 65/8, 70/6, 72/6



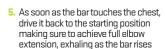


2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)

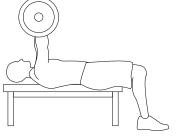


3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar

4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight

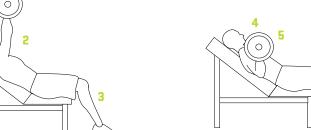


6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)

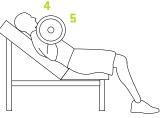


for a count before pressing the bar to the finished position

7. Do not allow the bar to sink into the athletes chest. Keep the core strong



- 1. Adjust the bench to either a 30° angle (1 notch up) or a 45° angle (2 notches up)
- 2. Lie face up on a bench with the eyes directly below the bar
- 3. Position feet directly under the knees with the hips, shoulders, and head



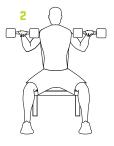
flat on the bench (lock in this position and keep it through the entire movement) 4. Using a slightly wider than shoulder

width grip have a partner assist in unracking the bar



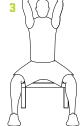
5. Take air in, tighten the core, 6. As soon as the bar touches the and keeping the wrist straight, lower chest, drive it back to the starting the bar under control to the upper position making sure to achieve portion of the chest slightly below the full elbow extension, exhaling as the bar rises

SHOULDER CIRCUIT A : Dumbbell Shoulder Press

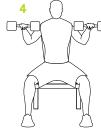


to shoulder level

1. Using a 90° bench, sit holding the dumbbells on the thighs with the feet directly under the knees and the back flat against the bench

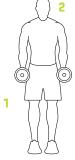


2. Use the legs to help lift the dumbbells 3. Take air in, tighten the core, and press the dumbbells straight up overhead to full elbow extension

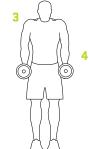


4. Lower the dumbbells under control to the starting position, exhaling as you lower the dumbbells

SHOULDER CIRCUIT A : Dumbbell Shrugs



1. Allow the dumbbells to hang at the side, stand with the feet directly under the hips with the knees slightly bent



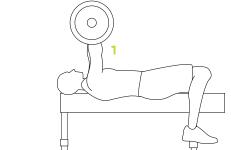
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core

3. Keeping the arms straight, shrug the dumbbells straight up using the traps as if trying to touch the shoulders to the ear

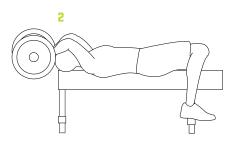
4. Inhale and hold your breath as the shrug begins and then exhale as you return to the starting position

DAY 1

- x 5 reps

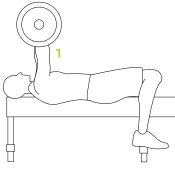


- Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
- 2. Lower the weight down, just behind the head by bending at the elbows

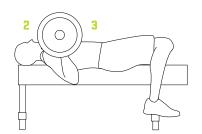


 Return the weight back to the starting position with the elbows fully extended, exhaling as you lift

TRICEP CIRCUIT A : Close Grip Press



- Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
- Keeping the elbows in close to the body, lower the bar to the chest as if performing a bench press



- 3 x 10

- x 5 reps

3. Once the bar touches the chest, press it upward, extending the elbows and return the bar to the starting position

MANUAL NECK : Backward



- 1. Using a 90° bench, sit upright with your back flat against the bench
- 2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
- Begin with your neck straight, not extended backward
- Have your partner gently push the head forward as you tuck the chin and resist them



 Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center MANUAL NECK: Forward - x 5 reps



- 1. Using a 90° bench, sit upright with your back flat against the bench
- 2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
- Begin with your neck straight, not extended backward
- Move the head forward by tucking the chin while your partner gently resists your movement



Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

MANUAL NECK : Side-To-Side





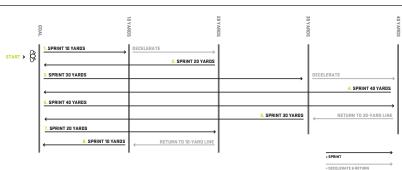




- Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
- Begin with your neck straight and have your partner gently push the head to the side as you resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement
- Complete the required number of repetitions on one side and then repeat for the opposite side

8-PLAY DRIVE

- x 2, 20 sec rest/2:00 min rest



- 1. Start on goal line. Sprint 10 yds. Decelerate to 20 yd line. 15 sec rest
- 2. Sprint 20 yds. Return to goal line. 15 sec rest
- 3. Sprint 30 yds. Decelerate to 40 yd line. 15 sec rest
- 4. Sprint 40 yds. Return to goal line. 15 sec rest
- 5. Sprint 40 yds. Decelerate return back to 30 yd line. 15 sec rest
- 6. Sprint 30 yds. Return to goal line. 15 sec rest
- 7. Sprint 20 yds. Decelerate return to the 10 yd line. 15 sec rest
- 8. Sprint 10 yds. Recovery before next effort is 90 seconds

The athlete will rest 20 seconds between each rep. After 8 plays the

athlete will rest for 2:00 minutes before starting the next set of 8 plays. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

PARTNER POWER BALL: Sit-Up And Touch





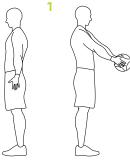


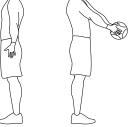


- 1. To begin the exercise keep your back and both feet on the floor, both legs should be bent at a 45°
- 2. Extend the arms above your chest
- 3. The partner will hold the ball above the athlete's chest as a target for the athlete to reach up and touch
 - 4. Lift the shoulder blades off the floor and touch the ball, hold for a second, and return to the floor
- 5. Inhale on the way down and exhale on the way up

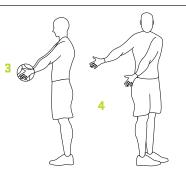
PARTNER POWER BALL: Partner Hand Off







- 3. The other athlete will respond by turning and reaching to their left and receiving the ball from the first athlete
- 4. After receving the ball the second athlete will turn to their right handing the ball to the first athlete



5. The athlete's will continue the rotation for the required number of reps and then will change the direction in which they were turning

PARTNER POWER BALL : Lateral Toss (Knee)

-1 x 8 reps





1. Two partners will stand back

to back with about a foot

between each, one athlete

2. The exercise begins when

to their right with the ball

will start by holding a power ball

the athlete with the ball turns

- 1. One partner will be on one knee while the other will stand next to their side
- 2. The partner on one knee will be holding a power ball
- 3. To begin the excise the athlete will rotate away from the partner





- allowing their arms to extend away from their body
- 4. When a full rotation is achieved the athlete will rotate towards the partner and throw the power ball
- 5. The standing athlete will catch the ball and toss the ball to the

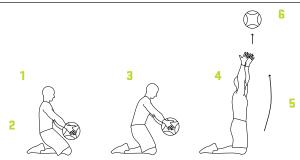


- partner so that the partner on the ground must extend their arms to catch the ball
- 6. The athlete on one knee will then slow the ball down by using their core as they rotate away from the partner



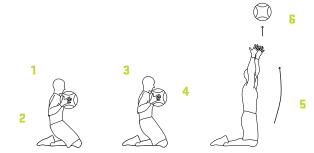
7. Continue this progression for the required reps. Once they are finished the standing partner will move to the other side so that the rotations can be done from the other side

SNATCH (KNEE) - x 6 throws



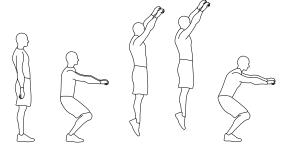
- 1. The athlete begins on their knees with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
- 2. The athletes back will be straight, head up sitting back on their heels
- 3. The movement begins with the athlete bending at the waist while maintaining the flat back
- 4. The arms are fully extended with the ball almost touching their knees
- 5. As the hips move through the range of motion the arms will carry the ball up and over their head in a
- 6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

JERK (KNEE) - x 6 throws



- 1. The athlete begins on their knees with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
- 2. The athletes back will be straight, head up, sitting back on their heels
- 3. The movement begins with the athlete bending at the waist while maintaining the flat back
- 4. The ball will begin at the top of the athlete's chest, even with the chin
- 5. As the hips move through the range of motion the arms will carry the ball up and over their head in a ierk movement
- 6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

JUMP AND LAND - x 5



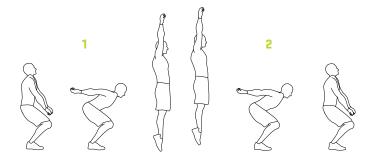
1. Jumping and landing is the key to being an explosive athlete. This drill is done each time we start a new cycle of training. Make sure your athlete jumps as high as possible. Any effort less that 100% is a wasted effort.

The most important part of the jump is actually the landing. Make sure that the coach and the athlete understand how important the landing is. The jump as a single entity is important but the key to be a great athlete is being able to jump two, three or five times with great

effort and intensity. Most plays can be 3 or 4 explosive efforts before the play is finished.

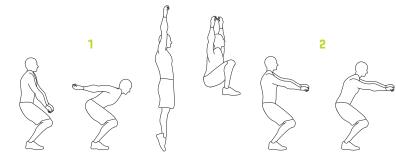
Because of the importance of multiple jumps the ability to land properly, allowing the ankles, knees and hips to

act as shock absorbers to allow the athlete to land softly. As the athlete lands it is now important to get off the ground as quickly as possible. This time in between jumps is the difference between a good athlete and a great athlete



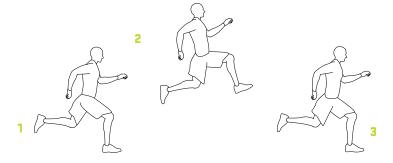
- The athlete will drop into a football position and jump vertically as high as they can
- As they are coming to the ground the athlete will land in a controlled fashion allowing their ankles, knees and hips act as shock absorbers.
 Try to land as soft as possible.

JUMP/TUCK - x 5



- The athlete will drop into a football position and then jump vertically, as the athlete is rising off the ground they will tuck their knees to their chest and then bring them back to the ground
- As they are coming to the ground the athlete will land in a controlled fashion allowing their ankles, knees and hips act as shock absorbers. Try to land as soft as possible.

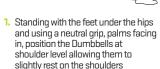
SCISSOR HOP - x 6



- 1. The athlete will begin with their feet in a staggered position
- When the athlete jumps they will bring their feet together in mid-air with their knees bent and then switch their feet so that they land with their other foot in front
- As they are coming to the ground the athlete will land in a controlled fashion allowing their ankles, knees and hips act as shock absorbers. Try to land as soft as possible

- 3 x 55/4, 60/4, 60/4



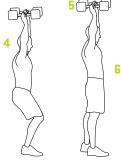


2. Keeping the chest up and heels flat, tighten the core and drop into a



quarter squat position by allowing the hips and knees to bend slightly

- 3. Quickly change direction by thrusting the dumbbells straight up overhead using the legs and arms together
- 4. As the dumbbells continue to rise, shift the feet from hip width to



shoulder width and rebend the knees slightly

 The dumbbells should be caught overhead by locking the arms out at the exact same moment the feet come back into contact with the ground after the shift Stand tall with the dumbbells overhead then lower them to the start position and reset the feet for the next repetition

DAY 2

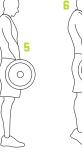
CLEAN PULL - 4 x 60/4, 70/4, 75/4, 80/4



- Stand with feet hip width apart so that the balls of the feet are positioned directly under the bar
- Squat down and grip the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped



- Position the body so the shoulders are directly over the bar, tighten the core and pull the chest up so the back remains flat
- Pull the bar off the floor at a constant speed by extending the hips and



knees, back angle remains constant as the hips and shoulders rise at the same rate

5. The bar remains close to the body after it crosses the knees

- ent

 6. Explosively extend the body vertically and shrug to pull the bar up
 - At the height of the pull the ankles, knees, and hips are fully extended

- 3 x 50/5, 50/5, 50/5



- Use a box that positions the lead leg so the top of the thigh is parallel to the ground (typically between 16-22 inches)
- Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably



- Hold onto the bar using a wider than shoulder width grip and place one foot (lead leg) on top of the box, making sure the heel is completely
- Maintaining an erect body position, tighten the core and push through



the foot on the box to stand up tall on that leg while driving the opposite knee into the air

The knee drive is accompanied by pulling the toes toward the shin of that same lea From the top position, return to the starting position under control to perform the next repetition

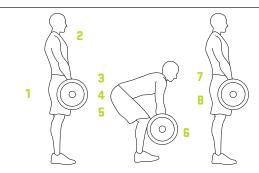
DAY 2

-3 x 8

- 3 x 8

ROMANIAN DEAD LIFT (RDL)

- 3 x 50/5, 50/5, 50/5



- 1. Hold onto the bar using a clean grip and stand with the feet directly under the hips with the knees slightly bent
- 2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- 3. Begin the decent by setting the hips back slightly to shift the weight
- 4. Keeping the bar close to the body, pivot from the hips to lower the bar toward the ground
- 5. Continue down keeping the core tight, chest up, and back flat until a slight stretch in the hamstrings is felt
- 6. This point will be somewhere between just below the knee and the middle of the shin
- 7. From the bottom, pivot from the hips to return to the starting position, exhaling as you rise
- 8. Focus on the hamstring and gluteal muscles performing the work to return to the starting position

BACK CIRCUIT A: Dumbbell Row

-3 x 8

- 3 x 8

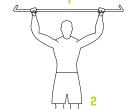


- 1. Place the inside leg and hand on a bench for support
- 2. With a dumbbell in the outside hand and arm fully extended, pull the weight directly up toward the arm pit by bending the elbow and pulling with the arm and back muscles

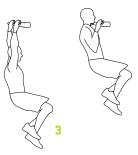


- 3. Once the weight touches the chest, return to the starting position in a
- 4. Repeat the required number of repetitions using each arm

BACK CIRCUIT A: Wide Grip Pull-Up

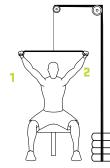


1. The athlete will take the assigned 2. Do not jump into the first repetition. grip. Wide Grip: hands slightly wider Allow your body to hang prior to than shoulder width doing the first repetition

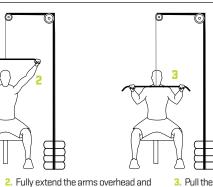


3. Bend knees and cross your ankles. Have a partner spot/assist by pushing up on shins or low back to achieve the required number of repetitions

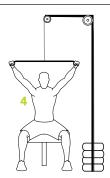




1. Sit at a high cable pulldown machine with the knees held



3. Pull the bar down in front of the grasp the bar using a wide, overhand face to the collarbone, squeezing the shoulder blades together and pulling the elbow down & back



4. Exhales and in a controlled manner, return the bar to the starting position with elbows fully extended

BICEP CIRCUIT A: Narrow Grip Pull-Up

down by the padding



- 1. The athlete will take the assigned grip. Narrow Grip: hands inside shoulder width
- 2. Do not jump into the first repetition. Allow your body to hang prior to doing the first repetition

grip (palms facing away from you)

3. Bend knees and cross your ankles. Have a partner spot/assist by pushing up on shins or low back to achieve the required number of repetitions

40/50/60 - x 2 sets of 6

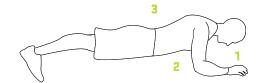
1. The athlete will run a linear distance. The distance is specific to each athlete. Offensive Linemen, Defensive Linemen will run 40-yards. Linebackers, Tight Ends, Quarterbacks, and Specialist (kickers / punters) will run 50-yards. Skill players: Wide Receivers, Defensive

Backs, Running Backs will run 60-yards. Each distance has a specific maximum time to run each distance for each position. After running the required distance the athlete will take 25 to 30-seconds of rest. After running their first set of runs they will take between 2

minutes and 30 seconds and 3 minutes (dependent upon the running schedule). If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

- 2 x 20 yards

PLANKS: Front Plank - 2 x 20 seconds

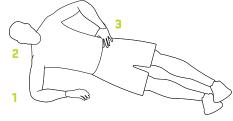


1. Hands 12 inches apart

2. Elbows underneath shoulders

3. Head neutral, body flat

PLANKS: Right Plank - 2 x 15 seconds

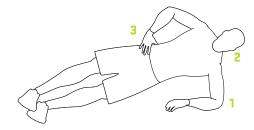


1. Right elbow and forearm on ground perpendicular to body

2. Head neutral, body flat, no hip rise

3. Left arm on hip

PLANKS: Left Plank - 2 x 15 seconds

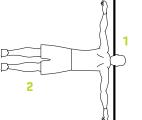


1. Left elbow and forearm on ground perpendicular to body

2. Head neutral, body flat, no hip rise

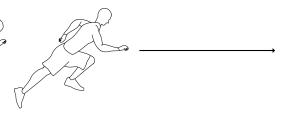
3. Right arm on hip

DYNAMIC SPEED : Scramble Starts





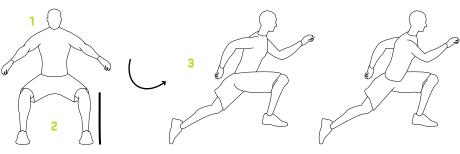




- The athlete will start in a face down position with their chins on the line
- The athlete will have their feet slightly spread and their arms extended completely to the side
- 3. On the command (whistle / verbal / movement) the athlete will drive out and up
- Do not allow the athlete to stand up and then drive out
- This drill is intended to teach the athlete to drive out and also to get off the ground and get moving as fast as possible

DYNAMIC SPEED: 1/4 Turn (RT/LT)

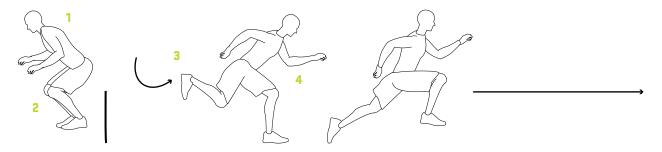
- 2 x 20 yards



- The athlete will start with their right (left) shoulder pointed down the runway with the side of their right (left) foot behind the start line
- The athlete will assume a great football position; knees bent, hips lowered, chest up, head neutral
- 3. On the whistle the athlete will do a 1/2 turn and sprint the required distance
- Stay low on the turn and always use great running form
- 5. Finish strong

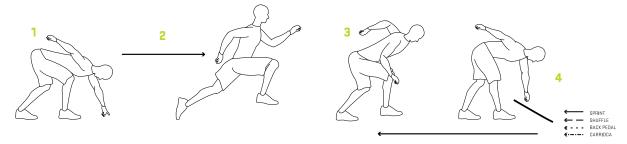
DYNAMIC SPEED: 1/2 Turn (RT/LT)

- 2 x 20 yards



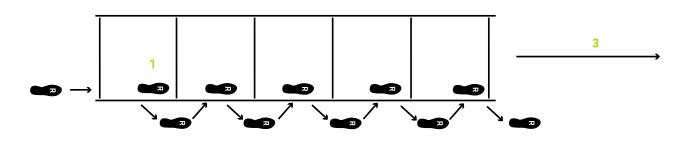
- The athlete will start with their back pointed down the runway with their heels behind the start line
- The athlete will assume a great football position; knees bent, hips lowered, chest up, head neutral
- On the whistle the athlete will do a 1/2 turn to the right (left)and sprint the required distance
- 4. Stay low on the turn by throwing the elbow down towards the hip pocket. The turn should be fluid so that the athlete can flow right into the running portion of the drill
- 5. Always use great running form
- 6. Finish strong

DYNAMIC SPEED : Retrace



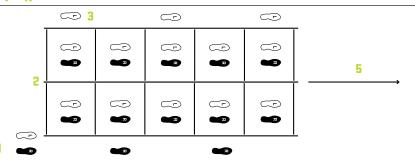
- The athlete will start in a three point stance 5-yards in front of the starting line. The athlete will face the starting line
- At the whistle the athlete will sprint towards the start line. As the get to the line they will reach down with their right hand (left hand) and touch the line as they hop stop into the line
- 3. The hop stop is a quick turn of the body as they transition from going forward to retracing their steps
- After touching the line they will turn and run for the rest of the drills required distance
- 5. Always use great running form
- 6. Finish strong

ROPES: One Foot In Every Hole



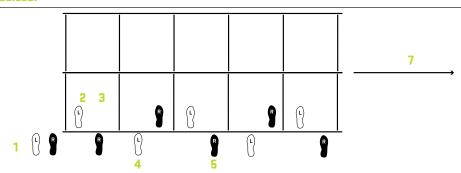
- The athlete will run through the ropes making sure that one foot hits each of the open spaces in the ropes
- 2. Make sure the athlete is not looking at the ropes as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

ROPES : Lateral Shuffle (lcky)



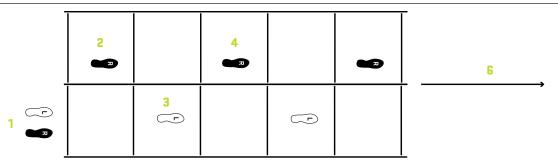
- 1. The athlete will face down on the right side of the ropes to begin the drill
- 2. The athlete will move laterally across the ropes making sure both feet will alternately hit each hole
- Once the outside foot steps outside of the both sets of holes of the ropes the athlete will start back into the next hole and move laterally across the ladder
- 4. Make sure the athlete is not looking at the ropes as they move down the course
- 5. The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Lateral Scissor



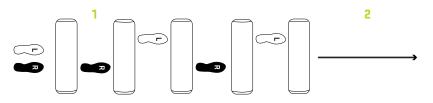
- The athlete will have their right side (left when leading with the left leg) facing down the ropes
- The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
- 4. As the left foot (right foot when going left) strikes the ground the athlete will raise their foot slightly and move the foot back out of the hole
- The athlete will then alternate between moving their right foot in and their left foot out of the holes in a lateral movement
- 6. The scissoring action of the feet is the key to the drill. Make sure the athlete is not looking at the ropes as they move down the course
- The athlete will finish the drill by turning and sprinting 5-yards past the ropes

ROPES : High Knee Step Over



- The athlete will start lined up down the middle line of the ropes facing down the line of the ropes
- 2. The drill will commence with the athlete stepping over their left leg with their right foot landing in the first hole
- The athlete will then step over the top of the right foot with their left foot landing in the right side set of holes of the ropes
- The athlete will then step over with the right leg back into the rope's next hole
- 5. Continue this high knee step over process for the rest of the ropes. It is important that the athlete is stepping over, not swinging their leg around as they step over. The drill will help loosen the athlete's ability to move their hips. Make sure the athlete is
- not looking at the ropes as they move down the course
- 6. The athlete will finish the drill by sprinting 5-yards past the ropes

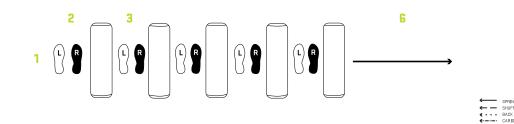
8-BAG DRILLS : One Foot In Each Hole



SHUFFLE
SACK PEDAL
CARIOCA

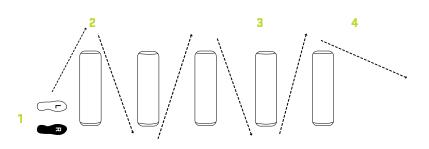
- The athlete will run over the bags making sure that one foot hits each of the open spaces between each of the bags. Make sure the athlete is not looking at the bags as they move down the line
- 2. The athlete will finish the drill by sprinting 5-yards past the bags

8-BAG DRILLS: Lateral High Knee



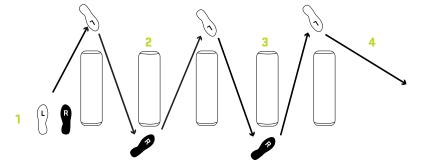
- The athlete will have their right side (left when leading with the left leg) facing down the line of bags
- 2. The athlete will begin by stepping over the first bag with their right foot (left when leading with the left leq)
- 3. The athlete will then follow with the left foot (right foot when going left) stepping into the same spot between the first two bags
- 4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee
- when leading with the left leg) to hip height and step into the next hole
- Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the bags as they move down the line
- **6.** The athlete will finish the drill by turning and sprinting 5-yards past the bags

8-BAG DRILLS : Shuffle



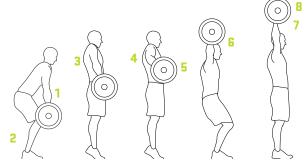
- 1. The athlete will start on the far right side of the first bag
- The drill begins with the athlete shuffling to the left across the first bag. When the athlete hits the left end of the first bag the athlete will slide forward and shuffle from left to right across the second bag
- 3. This pattern will continue throughout the line of bags. Make sure the athlete is not looking at the bags as they move down the line
- 4. The athlete will finish the drill by sprinting 5-yards past the bags

8-BAG DRILLS : Zig-Zag Run



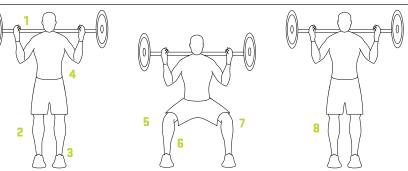
- 1. The athlete will start on the far right side of the first bag
- 2. The drill begins with the athlete running to the left across the first bag. When the athlete hits the left end of the first bag the athlete will cut and drive to the next forward bag and continue to run from left to right across the second bag
- This pattern will continue throughout the line of bags. Make sure the athlete is not looking at the bags as they move down the line
- 4. The athlete will finish the drill by sprinting 5-yards past the bags

HANG SNATCH - 4 x 30/4, 32/4, 35/4, 37/4



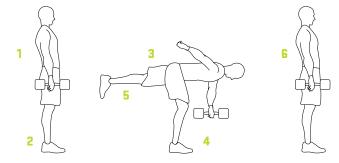
- Hold the bar using a snatch grip, keeping the arms straight, elbows rotated out, and wrists cupped
- Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
- 3. Keeping the core tight, chest up,
- and back flat slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
- Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift your feet (don't jump for height, jump to
- shift the feet)
- As the bar continues to move upward, allow the elbows to bend and move up to the side
- As the bar moves past the face, pull the body down into a quartersquat position, locking the arms
- out overhead
- The bar should be "caught" overhead, not pressed (the force of the pull is what carries the bar overhead)
- Finish by standing tall with the weight overhead

BS 4 x 60/45, 62/5, 65/5, 75/5



- Position the bar behind the head on the upper part of the back/ trap area where it rests most comfortably using a wider than shoulder width grip
- Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
- Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
- Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- Begin the decent by setting the hips back slightly to shift the weight toward the heels
- G. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
- Knees should be kept in line with the toes but never allowed to shift in front of them
- From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

SCALES (RT/LT) -3x5

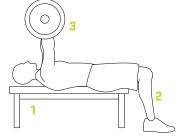


- Holding a dumbbell in one hand, stand on the opposite leg with the foot directly under the hip
- Keep the leg you are standing on slightly bent, the chest up, and the back straight throughout the entire lift
- Maintain your balance and bend from the hip, lowering the dumbbell toward the floor while bringing the back leg up in line with the body
- 4. The finish position should have the dumbbell directly above the toes of the foot on the ground, with the back flat and parallel to the floor
- The leg that is extended should be straight out with the toes pulled toward the shin and rotated in toward the center of the body
- Return the body to the starting position in a controlled manner
- Complete the required number of repetitions on one leg and repeat on the opposite side

- 3 x 10

-3 x 5

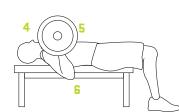
BENCH - 4 x 60/8, 67/8, 70/7, 72/8



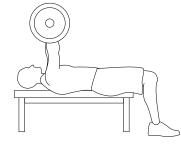
1. Lie face up on a bench with eyes

directly below bar

- 3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
- 2. Position feet directly under the knees with the hips, shoulders, and head 4. Take air in, tighten the core, flat on the bench (Lock in this and lower the bar under control to position and keep it through the a point even with or slightly below the entire movement) nipples, keeping the wrists straight

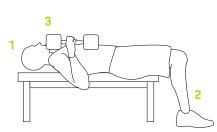


- 5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
- 6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)

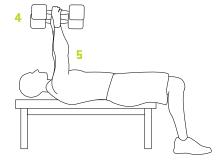


- for a count before pressing the bar to the finished position
- 7. Do not allow the bar to sink into the athletes chest. Keep the core strong

DUMBBELL FLAT BENCH - 20/5, 25/5, 28/5



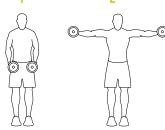
- 1. Lie face up on a bench with eyes directly below dumbbels
- 2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
- 3. Using a slightly wider than shoulder width grip have a partner watch the lift for safety
- 4. Take air in, tighten the core, and lower the dumbbels under control to a point even with or slightly below the nipples, keeping the wrists straight



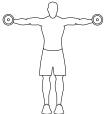
- 5. As soon as the dumbbels touch the chest, drive them back to the starting position making sure to achieve full elbow extension, exhaling as the dumbbels rise
- 6. When executing the pause bench, the athlete will allow the dumbbels
- to remain in the bottom position (on the chest) for a count before pressing the dumbbels to the finished position
- 7. Do not allow the dumbbels to sink into the athletes chest. Keep the core strona

SHOULDER CIRCUIT D : Dumbbell T-Drill

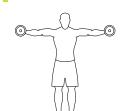
-3 x 7



1. Holding a dumbbell in each hand in front of the body, stand in an athletic stance with the feet hip width apart, core tight, and knees and elbows slightly bent



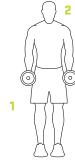
- 2. Raise the dumbbells in the air out to the side leading with the elbows until the arms are Parallel to the floor
- 3. Keeping the dumbbells at shoulder level, bring the them directly in front of the body (front Raise finish position)
- 4. Lower the dumbbells from this point straight down in front of the body
 - 5. Repeat starting with the front raise and finish by lowering them in the lateral raise position



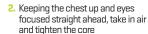


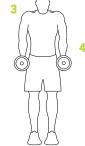
- 6. There & back counts as one rep





1. Allow the dumbbells to hang at the side, stand with the feet directly under the hips with the knees slightly bent

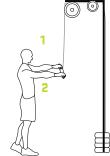




3. Keeping the arms straight, shrug the dumbbells straight up using the traps as if trying to touch the shoulders to the ear

4. Inhale and hold your breath as the shrug begins and then exhale as you return to the starting position

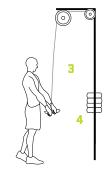
TRICEP CIRCUIT D : Tricep Extension



- 1. Using a pulley machine grasp the bar with a narrow grip at about chest height
- 2. Keep elbows to the side

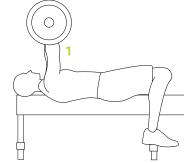


- 3. Push the bar all the way down through a full range of motion
- 4. Pause for a count and then allow the bar to return the starting point

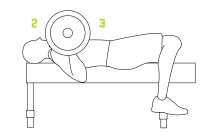


5. Repeat for the required number

TRICEP CIRCUIT D : EZ Bar Close Grip Press



- 1. Lying flat on a bench using an EZ-curl bar, press the weight up directly over the chest
- 2. Keeping the elbows in close to the body, lower the bar to the chest as if performing a bench press

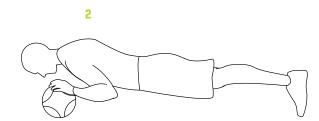


3. Once the bar touches the chest, press it upward, extending the elbows and return the bar to the starting position

-3 x 5

- x 5 reps

- Place hands on a power ball and assume the push-up position; arms extended, back flat, body in a straight line
- Keeping the elbows in, lower the body until the chest touches the power ball and then press back up to full elbow extension



MANUAL NECK : Backward - x 5 reps



- 1. Using a 90° bench, sit upright with your back flat against the bench
- 2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
- Begin with your neck straight, not extended backward
- Have your partner gently push the head forward as you tuck the chin and resist them



 Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK: Forward - x 5 reps



- 1. Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with their hands on your forehead
- Begin with your neck straight, not extended backward
- 4. Move the head forward by tucking the chin while your partner gently resists your movement



5. Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

MANUAL NECK: Side-To-Side





- 1. Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
- Begin with your neck straight and have your partner gently push the head to the side as you resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement
- Complete the required number of repetitions on one side and then repeat for the opposite side

20 YARD SPRINT - x 2 sets of 10, 15-18 sec rest/2:00 min rest

1. The athlete will sprint for 20-yards. They will rest for between 15 – 18 seconds between each repetition. After running the first set the athlete will take 2 minutes before they start their second set. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coac



- 6 x 20 yards









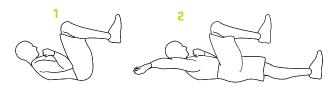




- 1. Start with your hands and knees on 2. Press your belly button up to your the floor. Make sure that you are in spine and allow the back to rise a straight line from the back of your up. Hold this position for two head to the end of your back counts. This is the camel portion of the movement
- 3. Now relax by slowly pushing your belly button towards the ground. Stay tall with your arms and legs don't actually sink to the floor. Hold this position for two counts. This is the cat portion of the movement
- 4. Continue to cycle between the camel and the cat movement for the appropriate number of repetitions

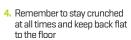
HORIZONTAL STABILITY: Dead Bug

-1 x 8 reps



- 1. To begin the exercise lay with the back flat against the ground, legs at 90°, upper body in a crunched position
- 2. Extend right arm and left leg out at the same time, hold for one count, and return to crunch position
- 3. Repeat same steps for left arm and right leg

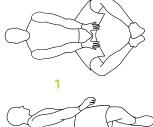




5. Breathe normally as you exercise

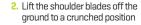
HORIZONTAL STABILITY : Reach Through

-1 x 8 reps





touching together and knees pointed

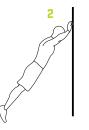


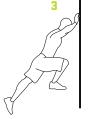


crunch position

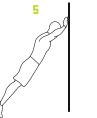
- 3. Extend both arms out as you reach between your legs reach towards your feet and then return to
- 4. Breathe normally as you exercise











- 1. The athlete will face a wall about 3 4 feet away. Feet are hip width apart
- 2. Body Position: The athlete will extend their arms and lean into the wall

LINEAR BURST SPEED : Wall Drill

- making sure that the body is at a 45° angle to the ground. Make sure the athletes are up on their toes
 - the Drive Leg is as close to parallel allows. Shin is parallel to the body angle. Toes on Drive Leg are pointed
- 3. O-Step: Body line is straight. Knee of up. Eyes are looking at the bottom of the wall so that there is a straight line to the ground as the athletes flexibility from the toes to the top of the head. The Front Leg will remain straight

LINEAR BURST SPEED : Wall Drill (continued)

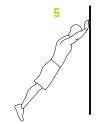
- 6 x 20 yards











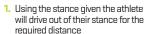


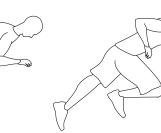
- 4. Touch: From the O-Step position the athlete will slowly touch their Drive Leg onto the ground directly under their hips. If a coach uses their whistle lanyard to mark the spot where the ball of the hip is so that the whistle will point to the proper position for the foot to
- touch. The foot will land on the ball of the foot; never allow the toes or the heel to strike the ground.
 - 5. Touch and Push: Once the foot touched 6. Drive: From the O-Step position the the ground the athlete will apply pressure to the Drive Foot. As force is applied the athlete will feel the hip
- extend and roll into the upward movement of the Front Leg into the next O-Step like position
 - athlete will drive their Drive Leg into the ground directly under their hips. The foot will land on the ball of the foot.
- The force of the downward movement will elicit the upward movement of the Front Leg into the next 0-Step like position

LINEAR BURST SPEED: Starts

- 2 x 20 yards, blend Stance /Starts





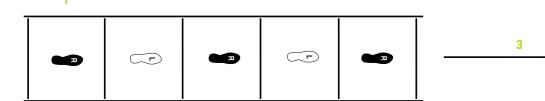




- 2. The distance will range between 20 and 45 yards

SPEED LADDER : One Foot In Each Hole

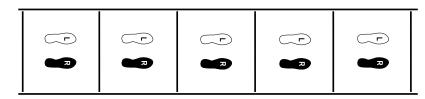




- The athlete will run through the speed ladder making sure that one foot hits each of the open spaces in the ladder
- 2. Make sure the athlete is not looking at the speed ladder as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER: Two Feet In Each Hole







- The athlete will run through the speed ladder making sure that both feet hit each of the open spaces in the ladder
- 2. Make sure the athlete is not looking at the speed ladder as they move down the course
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : Lateral High Knee (RT/LT)







3



4



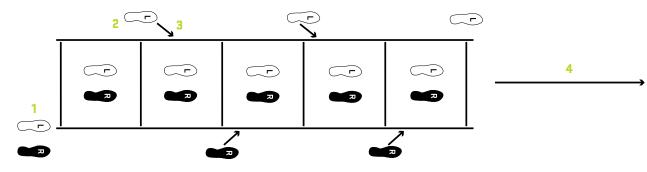






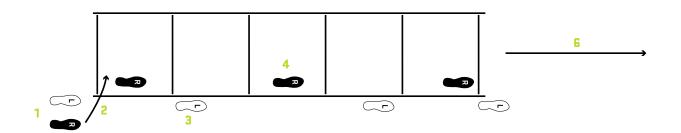
- The athlete will have their right side (left when leading with the left leg) facing down the speed ladder
- 2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- The athlete will then follow with the left foot (right foot when going left stepping into the same hole
- 4. As the left foot (right foot when going left) strikes the ground the athlete will raise their right knee (left knee when leading with the left leg) to hip height and step into the next hole
- 5. Continue this high knee step action for the rest of the drill. Make sure the athlete is not looking at the speed ladder as they move down the course
- 6. The athlete will finish the drill by turning and sprinting 5-yards past the ladder

SPEED LADDER : Lateral Shuffle (lcky)



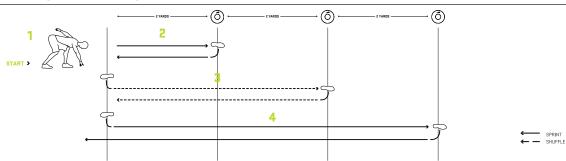
- The athlete will face down the speed ladder to begin the drill
- 2. The athlete will move laterally across the speed ladder making sure both will alternately hit each hole
- Once the outside foot steps outside of the speed ladder that athlete will start back into the next hole and move laterally across the ladder. Make sure the athlete is not looking at the speed ladder as they move drawn the course.
- The athlete will finish the drill by sprinting 5-yards past the ladder

SPEED LADDER : High Knee Step Over



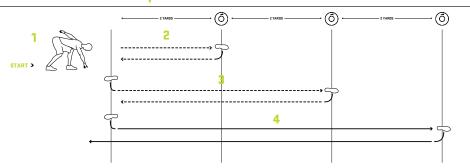
- The athlete will start lined up on the right side of the speed ladder facingdown the right vertical line of the speed ladder
- The drill will commence with the athlete stepping over their left leg with their right foot landing in the first hole
- The athlete will then step over the top of the right foot with their left foot landing on the outside of the speed ladder
- The athlete will then step over with the right leg back into the ladder's next hole
- 5. Continue this high knee step over process for the rest of the speed ladder. It is important that the athlete is stepping over, not swinging their leg around as they step over. The drill will help loosen the athlete's ability to
- move their hips. Make sure the athlete is not looking at the speed ladder as they move down the course
- 6. The athlete will finish the drill by sprinting 5-yards past the ladder

SHORT SHUTTLE: Sprint - Shuffle - Sprint



- 1. 3 Cones are set at two yard intervals. The athlete will start in a sprint stance
- The athlete will sprint to the first cone, touching an imaginary line extending from the cone with their foot, turn and sprint back to the starting line, touch the start line with their foot
- Shuffle to the second cone, touch the line with their foot, shuffle back to the start line
- 4. After touching the start line with their foot, they will sprint to the third cone touch the line with their foot, sprint back across the start line to finish the drill
- 5. The thing to remember is that whatever the drill order is the same movement will be done towards the cone and then back to the start line. Always touch the line with your foot and finish through the line after the final change of direction

SHORT SHUTTLE: Shuffle - Shuffle - Sprint



- 1. 3 Cones are set at two yard intervals.

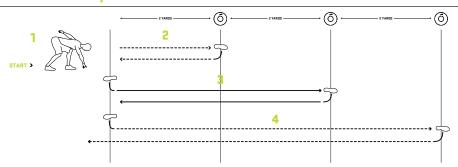
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← SPRINT
← − SHUFFLE

← SPRINT
← − SHUFFLE

← SPRINT
← − SHUFFLE

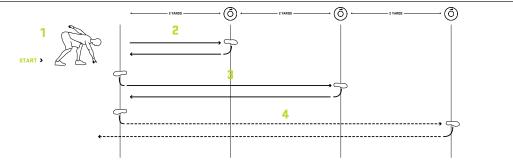
SHORT SHUTTLE: Shuffle - Sprint - Shuffle



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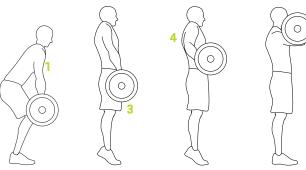
SHORT SHUTTLE: Sprint - Sprint - Shuffle



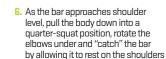
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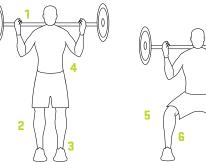


- Hold the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
- 2. Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
- 3. Keeping the core tight, chest up, and back flat slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
- 4. Explosively extend the body vertically and shrug to pull the bar up, literally
- jumping off the platform to shift the feet (don't jump for height, jump to shift the feet)
- As the bar continues to move upward, allow the elbows to bend and move up to the side



DAY 1

- 4 x 70/5, 75/5, 80/5, 82/5

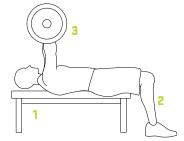


- Position the bar behind the head on the upper part of the back/ trap area where it rests most comfortably using a wider than shoulder width grip
- Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift

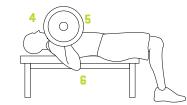
BENCH

- 3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
- Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- 7
- Begin the decent by setting the hips back slightly to shift the weight toward the heels
- 6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
- Knees should be kept in line with the toes but never allowed to shift in front of them
- From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

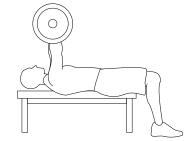
- 4 x 60/6, 67/6, 72/6, 75/4



- 1. Lie face up on a bench with eyes directly below bar
- Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)



- Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
- 4. Take air in, tighten the core,
 and lower the bar under control to
 a point even with or slightly below the
 nipoles. keeping the wrists straight
- As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
- When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)



- for a count before pressing the bar to the finished position
- 7. Do not allow the bar to sink into the athletes chest. Keep the core strong

- 3 x 8

-3 x 8

- 3 x 20



- 1. Adjust the bench to either a 30° angle (1 notch up) or a 45° angle (2 notches up)
- 2. Lie face up on the bench with the dumbbells resting on the thighs

1. Using a 90° bench, sit holding a

knees, and the back straight

plate in front of the chest, arms fully

extended, feet directly under the

3. Position feet directly under the knees with the hips, shoulders, and



- head flat on the bench (Lock in this position and keep it through the entire movement)
- 4. Use the legs to help lift the dumbbells to shoulder level then fully extend the arms straight up
- 5. Keeping one arm extended straight



- up, inhale and lower the opposite dumbbell under control to the outer part of the chest near the armpit, keeping the wrist straight
- 6. Push the lowered dumbbell back up to the starting position and repeat with the other arm, exhaling as you press



- 3 x 27/4, 30/4, 30/4

- 7. Maintain balance and the correct body position when transitioning between arms
- 8. Continue alternating dumbbells until the required number of repetitions has been completed

-3 x 8

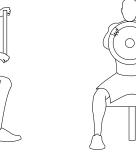
- 3 x 8

SHOULDER CIRCUIT B : PLATE CIRCUIT : Seated Plate Figure 8



to rotate over the top



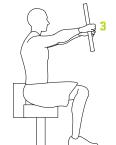


- 2. Draw a figure-8 from side to side with the plate by allowing one hand
- 3. Move the plate using only the arms

SHOULDER CIRCUIT B: PLATE CIRCUIT: Seated Plate Front Raise



1. Using a 90° bench, sit holding a plate between the legs with the feet directly under the knees and the back straight



- 2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- 3. Keeping the arms straight, raise the plate to shoulder level and pause for a count
- 4. Exhale as you return to the starting position



1. Using a 90° bench, sit holding a 2. Extend arms upward, pressing the plate in front of the chest with the feet directly under the knees

SHOULDER CIRCUIT B: PLATE CIRCUIT: Seated Plate Overhead Press



3. Exhale as you return to the starting position

plate overhead until the arms reach full elbow extension

SHOULDER CIRCUIT B: PLATE CIRCUIT: Seated Plate Punch



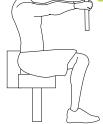
1. Using a 90° bench, sit holding a plate in front of the chest with the feet directly under the knees and the back straight

and the back straight



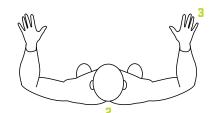
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core

pointing down



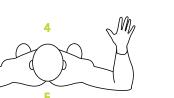
3. Explosively push (punch) the plate straight out and back in, keeping it level with the chest

SHOULDER CIRCUIT B : Scap Pinch



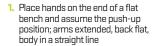
- 1. This exercise will start with the athlete standing
- 2. The athlete will raise their arms so that the arm is parallel to the ground. The arms will then be bent at a 90° angle so that the forearms are facing the ground and the elbows are staight out from the shoulders
- 3. There are three different movements to this drill. The first movement requires the thumbs to be pointed up. The second movement requires the palms to be be flat to the ground. The third part of the drills requires the athlete to have their thumbs
- 4. No matter which way the hands are turned the movement is the same. The athlete will push their elbows back trying to pinch the scapula (shoulder blades together)
 - 5. The movement will be of good pace, not slow not too quick. To que the movement a coach can put a finger

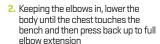
between the shoulders blades of the player and tell them to pinch them together



- x 5 reps

- x 5 reps

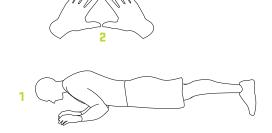




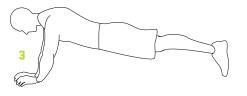


TRICEP CIRCUIT B : PUSH-UP-COMPLEX : Diamond Push-Up

- 3 x 20/15/10



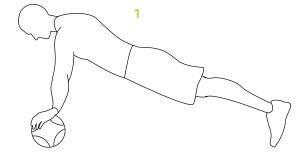
1. Begin in push-up position, arms extended, back flat, body in a straight line Place hands in the diamond position, index finger and thumb of each hand meet forming a diamond shape



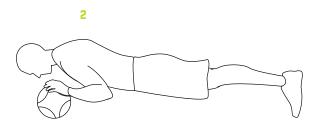
 Keeping the elbows in, lower the body until the chest touches the floor and then press back up to full elbow extension

TRICEP CIRCUIT B : PUSH-COMPLEX : Power Ball Push-Up

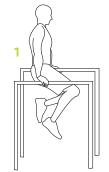
- 3 x 20/15/10



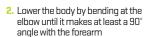
 Place hands on a power ball and assume the push-up position; arms extended, back flat, body in a straight line 2. Keeping the elbows in, lower the body until the chest touches the power ball and then press back up to full elbow extension



TRICEP CIRCUIT B: Dips - 3 x 10-15



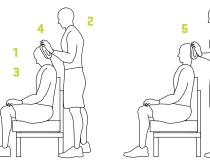
 Using a dip rack, hold the body above the ground by fully extending the arms





3. From the bottom position, press the body back up using the arms until full elbow extension, exhaling as you rise

MANUAL NECK : Backward



- Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with their hands on the back of your head
- 3. Begin with your neck straight, not extended backward
- Have your partner gently push the head forward as you tuck the chin and resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK: Forward



- 1. Using a 90° bench, sit upright with your back flat against the bench
- 2. Place a towel over your head and have a partner stand behind you with their hands on your forehead
- 3. Begin with your neck straight, not extended backward
- 4. Move the head forward by tucking the chin while your partner gently resists your movement



Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center MANUAL NECK: Side-To-Side - x 5 reps







- 1. Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
- Begin with your neck straight and have your partner gently push the head to the side as you resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement
- Complete the required number of repetitions on one side and then repeat for the opposite side

40 YARD SPRINTS - x 2 sets of 6

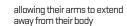
The athlete will sprint for 40 yards. Offensive Linemen, Defensive Linemen will need to run the distance in less than 6.5 seconds. Linebackers, Tight Ends, Quarterbacks, and Specialist (kickers / punters) will run the distance in less than 6.

seconds. Skill players: Wide Receivers, Defensive Backs, Running Backs will run the distance in less than 5.5 seconds. After each repetition the athlete will rest for 30 seconds before starting their next run. After running the first set the athlete will rest for 2 minutes before

starting their next set of runs.
If at any time you are having
problems catching your breath or
have any signs of distress make
sure you check with your athletic
trainer and your coach

- 1. One partner will be on one knee while the other will stand next to their side
- 2. The partner on one knee will be holding a power ball
- 3. To begin the excise the athlete will rotate away from the partner



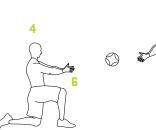


- 4. When a full rotation is achieved the athlete will rotate towards the partner and throw the power ball
- 5. The standing athlete will catch the ball and toss the ball to the



partner so that the partner on the ground must extend their arms to catch the ball

6. The athlete on one knee will then slow the ball down by using their core as they rotate away from the partner



7. Continue this progression for the required reps. Once they are finished the standing partner will move to the other side so that the rotations can be done from the other side

PARTNER POWER BALL: Lateral Partner Toss (RT/LT) (continued)





- 1. One partner will be on one knee while the other will stand next to their side
- 2. The partner on one knee will be holding a power ball
- 3. To begin the excise the athlete will rotate away from the partner



- allowing their arms to extend away from their body
- 4. When a full rotation is achieved the athlete will rotate towards the partner and throw the power ball
- 5. The standing athlete will catch the ball and toss the ball to the



- partner so that the partner on the around must extend their arms to catch the ball
- 6. The athlete on one knee will then slow the ball down by using their core as they rotate away from the partner



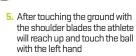
7. Continue this progression for the required reps. Once they are finished the standing partner will move to the other side so that the rotations can be done from the other side

PARTNER POWER BALL : One Arm Sit-Up Touch

-1 x 8 reps



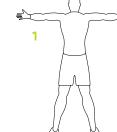
- 1. To begin the exercise keep your back and both feet on the floor, both legs should be bent at a 45°
- 2. Extend the right arm above their chest
- 3. The partner will hold the ball above the athlete's chest as a target for the athlete to reach up and touch with the right hand
- 4. Lift the shoulder blades off the floor and touch the ball, hold for a second, and return to the floor



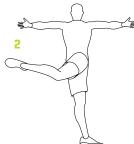
6. Inhale on the way down and exhale on the way up



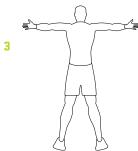
PARTNER POWER BALL: Scorpions



1. The athlete will lay in a scramble position with their arms spread out to the side



2. The athlete will reach with their right foot up and over in an attempt to touch their left hand



3. They then will return to the starting position



4. Then reach with the left foot, up and over, to try to touch the right hand. Continue this rotation for the required number of repetitions

THRUST (KNEE) - x 6 throws



- 1. The athlete begins on their knees with a power ball in their hands. Make sure there is enough room around each athlete to ensure safety
- 2. The athletes back will be straight, head up sitting back on their heels



- 3. The movement begins with the athlete bending at the waist while maintaining the flat back
- 4. The ball will begin at the top of the athlete's chest, even with the chin



- 5. As the hips move through the range of motion the arms will carry the ball out and in front of the athlete in a pushing action
- 6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands





- 1. The athlete begins on their knees with a power ball in their hands. With their back facing their intended target landing area. Make sure there is enough room around each athlete to ensure safety
- 2. The athletes back will be straight, head up sitting back on their heels
 - 3. The movement begins with the athlete bending at the waist while maintaining the flat back
- 4. The arms are fully extended with the ball almost touching their knees
- 5. As the hips move through the range of motion the arms will carry the ball up and over the top of their head in an arcing movement
- 6. Make sure that you watch the flight of the ball to ensure that you can get out of the way when the ball lands

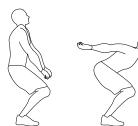


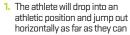


WEEK 2

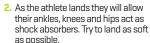


STANDING LONG JUMP - x 8









- 3 x 55/4, 60/4, 62/4



 Standing with the feet under the hips and using a neutral grip, palms facing in, position the Dumbbells at shoulder level allowing them to slightly rest on the shoulders

2. Keeping the chest up and heels flat, tighten the core and drop into a



quarter squat position by allowing the hips and knees to bend slightly

- 3. Quickly change direction by thrusting the dumbbells straight up overhead using the legs and arms together
- 4. As the dumbbells continue to rise, shift the feet from hip width to

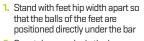


shoulder width and rebend the knees slightly

The dumbbells should be caught overhead by locking the arms out at the exact same moment the feet come back into contact with the ground after the shift 6. Stand tall with the dumbbells overhead then lower them to the start position and reset the feet for the next repetition

CLEAN PULL - 4 x 62/4, 72/4, 77/4, 82/4



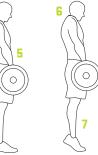


Squat down and grip the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped



Position the body so the shoulders are directly over the bar, tighten the core and pull the chest up so the back remains flat

4. Pull the bar off the floor at a constant speed by extending the hips and



knees, back angle remains constant as the hips and shoulders rise at the same rate

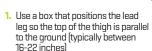
5. The bar remains close to the body after it crosses the knees

6. Explosively extend the body vertically and shrug to pull the bar up

7. At the height of the pull the ankles, knees, and hips are fully extended







 Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably

ROMANIAN DEAD LIFT (RDL)



 Hold onto the bar using a wider than shoulder width grip and place one foot (lead leg) on top of the box, making sure the heel is completely on the box

 Maintaining an erect body position, tighten the core and push through

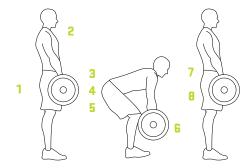


the foot on the box to stand up tall on that leg while driving the opposite knee into the air

The knee drive is accompanied by pulling the toes toward the shin of that same leg 6. From the top position, return to the starting position under control to perform the next repetition

- 3 x 52/5, 52/5, 52/5

DAY 2



- Hold onto the bar using a clean grip and stand with the feet directly under the hips with the knees slightly bent
- Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- Begin the decent by setting the hips back slightly to shift the weight toward the heels
- Keeping the bar close to the body, pivot from the hips to lower the bar toward the ground
- Continue down keeping the core tight, chest up, and back flat until a slight stretch in the hamstrings is felt
- This point will be somewhere between just below the knee and the middle of the shin
- From the bottom, pivot from the hips to return to the starting position, exhaling as you rise
- Focus on the hamstring and gluteal muscles performing the work to return to the starting position

-3 x 8

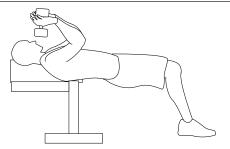
BACK CIRCUIT B: Dumbbell Bench Row

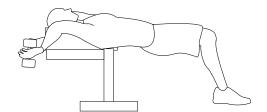


 The athlete will position themselves with their chest high on the edge of a bench at a 30° incline. The athlete will pick up two dumbbells (one in each hand) Keeping their head in a neutral position they will raise the dumbbells up by bending their elbows until the dumbbells nearly touch the bench The athlete will then, under control, lower the dumbbells back to the starting position Continue this procedure for the required number of repetitions. Do not use your lower back in trying to raise the dumbbells.

DAY 2

BACK CIRCUIT B : Dumbbell Pull Over

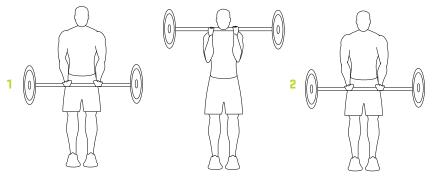




- Using a flat bench, lie perpendicular so the shoulder blades are firmly supported by the bench
- Pull the hips up so the body is in a straight line from the shoulders to the knees, keeping the feet flat on the floor and the knees bent at 90°
- 3. With a slight bend in the elbows, lower the weight down behind the head by rotating at the shoulders
- 4. From the bottom position, return to the start in a controlled manner

BICEP CIRCUIT B : EZ Bar Curl

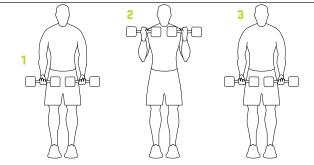




- Using an EZ-curl bar and an underhand grip (palms up), start with the arms fully extended holding onto the weight
- Curl the bar up by bending at the elbows, bringing the weight all the way up to the chest and then return to the starting position by lowering the bar in a controlled manner

BICEP CIRCUIT B : Dumbbell Curl

- 3 x 8



- Using dumbbels and an underhand grip (palms up), start with the arms fully extended holding onto the weight
- 2. The athlete will curl durnbbells up to chest height. Do not use back to get the weights up
- Control the weights as they return to the starting position. The athlete can either do these by lifting the dumbbells at the same time or they can alternate the dumbbells as they lift and lower them

- x 2 sets of 11, 15-18 sec rest/2:00 min rest

The athlete will sprint for 20-yards.
They will rest for between 15 – 18
seconds between each repetition.
After running the first set the athlete will take 2 minutes before they start

their second set. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coac



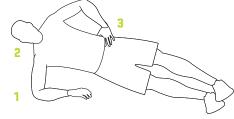
1. Hands 12 inches apart

2. Elbows underneath shoulders

3. Head neutral, body flat

- 2 x 25 seconds

PLANKS: Right Plank - 2 x 20 seconds

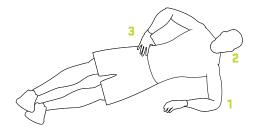


1. Right elbow and forearm on ground perpendicular to body

2. Head neutral, body flat, no hip rise

3. Left arm on hip

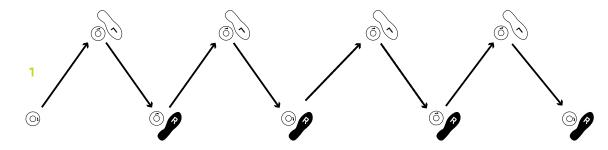
PLANKS: Left Plank - 2 x 20 seconds



1. Left elbow and forearm on ground perpendicular to body

2. Head neutral, body flat, no hip rise

3. Right arm on hip

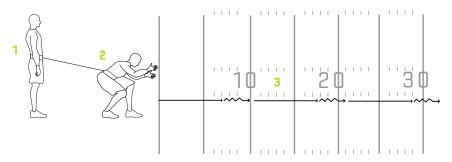


1. The athlete will sprint from the starting cone to the first cone

When the athlete gets to the first cone they will cut off their outside foot and burst to the next cone

DYNAMIC SPEED: 360 Swoop Drill A

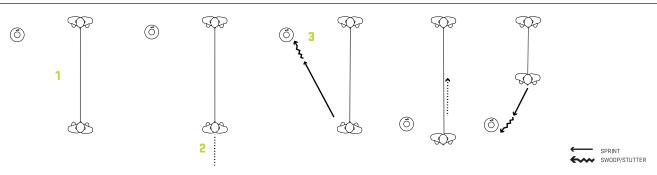
- 4 x 20 yards



- The athlete will begin in an upright position. The athlete will sprint towards a line 10 yards away from the starting line
- As the athlete nears the line the athlete will break down into a swoop position (low hips, knees bent inside leg out from splitting an imaginary ball carrier, arms low ready to wrap and tackle)
- 3. The athlete will take three stutter steps to the first ten yard line.
 After hitting the line the athlete will burst to full speed towards the next line, 10 yards away, where they will break down into the swoop position
- The athlete will continue the burst and swoop rotation throughout the entire distance required

DYNAMIC SPEED: 360 Swoop Drill B

- 4 x 20 yards



 This drill will require two athletes and one cone. The first part of the drill will have the anchor athlete standing 3 yards to the right of the cone with the working athlete facing them 5-yards away 2. The working athlete will back pedal for up to 5 yards waiting for the anchor athlete to give him a cue to break on the cone

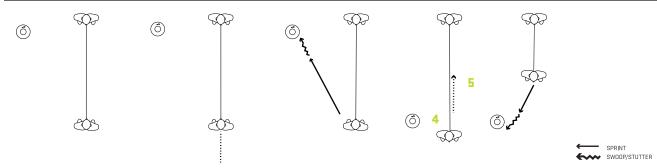
3. At the cue the working athlete will break on the cone sprinting up to it and then swooping in with their inside foot splitting the middle of the cone

WEEK 2

WEEK 2

DYNAMIC SPEED: 360 Swoop Drill B (continued)

- 4 x 20 yards

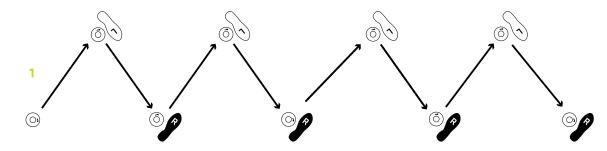


- The second drill will have the athlete stand to the left of the cone.
 The partners will switch after the two reps. The next set will have the
- working athlete starting to the right of the cone with the anchor athlete pulling the cord tight (5 – 7-yards) as they stand behind the working athlete
- 5. The working athlete will begin the drill by back pedaling towards the anchor on a cue the athlete will sprint towards the cone breaking down and swopping into the cone with their

inside foot. The athlete will switch sides to finish this set. Continue the rotation of reps with the anchor for the required numbers of reps

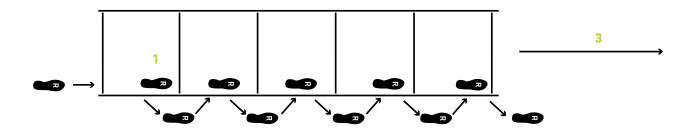
DYNAMIC SPEED: 10 Yard Zig-Zag Run

- 2 x 30 yards



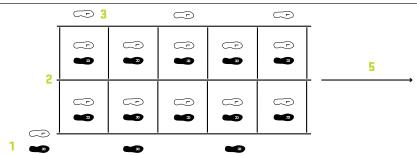
- 1. The athlete will sprint from the starting cone to the first cone
- When the athlete gets to the first cone they will cut off their outside foot and burst to the next cone

ROPES : One Foot In Every Hole



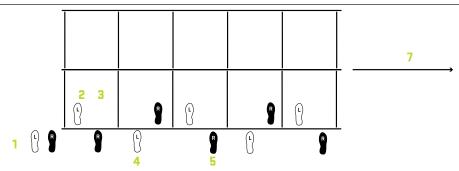
- The athlete will run through the ropes making sure that one foot hits each of the open spaces in the ropes
- 2. Make sure the athlete is not looking at the ropes as they
- 3. The athlete will finish the drill by sprinting 5-yards past the ladder

ROPES : Lateral Shuffle (lcky)



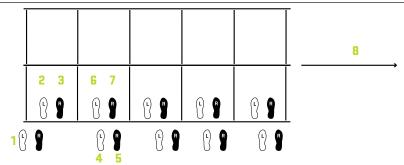
- The athlete will face down on the right side of the ropes to begin the drill
- 2. The athlete will move laterally across the ropes making sure both feet will alternately hit each hole
- Once the outside foot steps outside of the both sets of holes of the ropes the athlete will start back into the next hole and move laterally across the ladder
- 4. Make sure the athlete is not looking at the ropes as they move down the course
- The athlete will finish the drill by sprinting 5-yards past the ropes

ROPES : Lateral Scissor



- The athlete will have their right side (left when leading with the left leg) facing down the ropes
- 2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- 3. The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
- 4. As the left foot (right foot when going left) strikes the ground the athlete will raise their foot slightly and move the foot back out of the hole
- 5. The athlete will then alternate between moving their right foot in and their left foot out of the holes in a lateral movement
- The scissoring action of the feet is the key to the drill. Make sure the athlete is not looking at the ropes as they move down the course
- The athlete will finish the drill by turning and sprinting 5-yards past the ropes

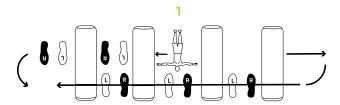
ROPES: Two-In-Two-Out



- The athlete will have their right side (left when leading with the left leg) facing down the ropes
- 2. The athlete will begin by stepping into the first hole with their right foot (left when leading with the left leg)
- The athlete will then follow with the left foot (right foot when going left) stepping into the same hole
- 4. As the left foot (right foot when going left) strikes the ground the athlete will step out of the first box and move the foot to the outside of the second hole
- 5. The stepping out of the right foot will be followed by the athlete stepping out of the hole with their left foot
- 6. After stepping out of the first hole the athlete will then step into the next hole with their right and then left foot
- 7. The drill will continue with the two
- feet stepping in and out of the box as they process laterally down the ropes. Make sure the athlete is not looking at the speed ladder as they move down the course
- 8. The athlete will finish the drill by turning and sprinting 5-yards past the ropes

WEEK 2

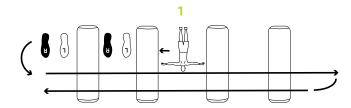
4-BAG DRILLS : Lateral - Lateral - Sprint



SPRINT
SHUFFLE
BACK PED

1. Lateral > Lateral > Sprint

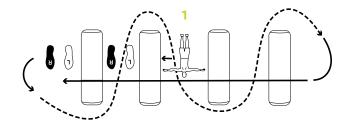
4-BAG: Lateral - Sprint - Sprint



SPRINT
SHUFFLE
BACK PEDAL
CARIOCA

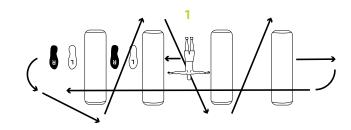
1. Lateral > Sprint > Sprint

4-BAG: Lateral - Shuffle - Sprint



1. Lateral > Shuffle > Sprint

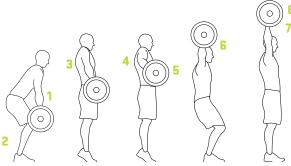
4-BAG: LATERAL - Zig -Zag Run - Sprint



SPRINT
SHUFFLE
SACK PEDAL
CARIDGA

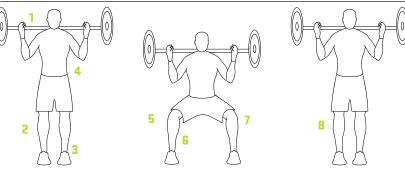
1. Lateral > Zig-Zag > Sprint

HANG SNATCH - 4 x 32/4, 35/4, 37/4, 40/4



- Hold the bar using a snatch grip, keeping the arms straight, elbows rotated out, and wrists cupped
- Stand with feet hip width apart and knees slightly bent so the bar is touching the upper thigh
- 3. Keeping the core tight, chest up,
- and back flat slowly lower the bar to the top of the knee (shoulders should be directly over the bar and body weight should be back on the heels)
- Explosively extend the body vertically and shrug to pull the bar up, literally jumping off the platform to shift your feet (don't jump for height, jump to
- shift the feet)
- As the bar continues to move upward, allow the elbows to bend and move up to the side
- As the bar moves past the face, pull the body down into a quartersquat position, locking the arms
- out overhead
- 7. The bar should be "caught" overhead, not pressed (the force of the pull is what carries the bar overhead)
- Finish by standing tall with the weight overhead

BACK SQUAT - 4 x 62/5. 67/5, 72/5, 75/5



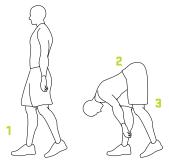
- Position the bar behind the head on the upper part of the back/ trap area where it rests most comfortably using a wider than shoulder width grip
- 2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
- Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
- Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
- Begin the decent by setting the hips back slightly to shift the weight toward the heels
- 6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
- Knees should be kept in line with the toes but never allowed to shift in front of them
- From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

- 3 x 8

-3 x 8

WEEK 2

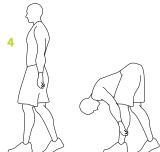
STAGGERED HAMSTRING - 3 x 5



- 1. Begin with the athlete's right leg staggered no farther than heel to toe relationship from the left foot
- 2. The athlete will bend forward at the hip, keeping their back flat, and their right leg slightly bent



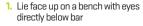
- 3. As the athlete lowers themselves they will push their hips back so that they feel a stretch in the right leg
- 4. After completing the right leg repeat the stretch with the left leg



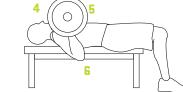
5. Never force a stretch to an uncomfortable level

BENCH - 4 x 65/8, 72/6, 75/6, 77/5

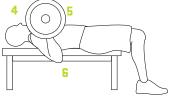




2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)



- 3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
- 4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight



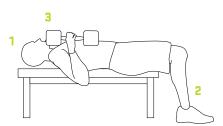
- 5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
- 6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest)



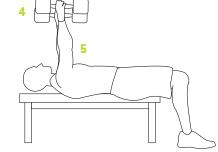
for a count before pressing the bar to the finished position

7. Do not allow the bar to sink into the athletes chest. Keep the core strong

DUMBBELL FLAT BENCH - 25/4, 28/4, 30/4

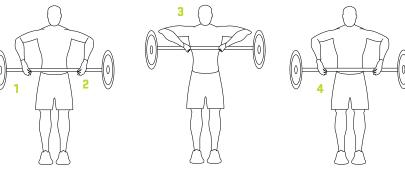


- 1. Lie face up on a bench with eyes directly below dumbbels
- 2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
- 3. Using a slightly wider than shoulder width grip have a partner watch the lift for safety
 - 4. Take air in, tighten the core, and lower the dumbbels under control to a point even with or slightly below the nipples, keeping the wrists straight



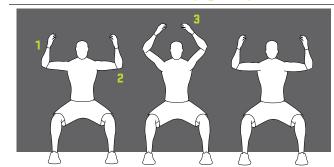
- 5. As soon as the dumbbels touch the chest, drive them back to the starting position making sure to achieve full elbow extension, exhaling as the
- 6. When executing the pause bench, the athlete will allow the dumbbels
- to remain in the bottom position (on the chest) for a count before pressing the dumbbels to the finished position
- 7. Do not allow the dumbbels to sink into the athletes chest. Keep the core strona

SHOULDER CIRCUIT C: Upright Rows



- 1. The athlete will grasp a barbell with their grip being just outside the smooth portion of the bar. We do not want the grip to be too close because it could adversely effect the wrist of the athlete
- 2. The bar will start at the athletes waist
- 3. The athlete will raise the bar up just under the chin by lifting their elbows as high as is necessary
- 4. Once the correct height is obtained the athlete will lower the weight to the starting position
- 5. Continue for the required reps

SHOULDER CIRCUIT C : Wall Slides (High/Low)



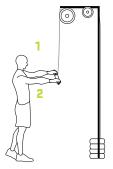
- 1. The athlete will start with their back, hips and heels pressed up against a smooth wall. The arms will be extended so that they are straight out from the body with the elbows touching the wall
- 2. The athlete will bend at the elbow so that the arm is bent at a 90° angle
- 3. With the finger tips and elbows touching the wall at all times the athlete will raise their hands above their head. When the fingertips touch the athlete will lower the arms to the starting position



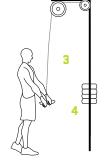
- 4. After doing the number of reps required the athlete will then try to bring the elobws to the rib cage
- 5. Throughout the entire movement the athlete will never allow the hands/ elbows or shoulders to come off the wall

TRICEP CIRCUIT C : Tricep Extension

- 10 reps



- 1. Using a pulley machine grasp the bar with a narrow grip at about chest height
- 2. Keep elbows to the side
- 3. Push the bar all the way down through a full range of motion
- 4. Pause for a count and then allow the bar to return the starting point



5. Repeat for the required number of reps

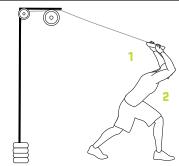
DAY 3

- x 5 reps

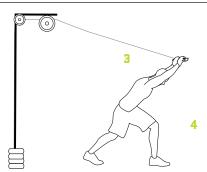
TRICEP CIRCUIT C : Tricep Overhead

- 10 reps

- x 5 reps



 Using the same pulley bar / machine as you did for the tricep extension the athlete will turn their back to the pulley machine and grasp the bar over their head 2. The athlete will lean forward keeping a straight line between the top of the head and the back



3. The exercise will begin by the athlete pushing the bar from the overhead position to a complete extended position

4. The athlete will pause for a count before returning the bar slowly to the start position

MANUAL NECK : Backward



1. Using a 90° bench, sit upright with your back flat against the bench

- 2. Place a towel over your head and have a partner stand behind you with their hands on the back of your head
- 3. Begin with your neck straight, not extended backward
- Have your partner gently push the head forward as you tuck the chin and resist them



 Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

MANUAL NECK: Forward - x 5 reps



1. Using a 90° bench, sit upright with your back flat against the bench

Place a towel over your head and have a partner stand behind you with their hands on your forehead



 Move the head forward by tucking the chin while your partner gently resists your movement



Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center MANUAL NECK : Side-To-Side







1. Using a 90° bench, sit upright with your back flat against the bench

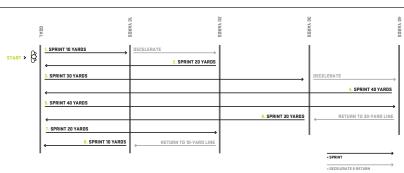
Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder

- Begin with your neck straight and have your partner gently push the head to the side as you resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement

Complete the required number of repetitions on one side and then repeat for the opposite side

8 PLAY DRIVE

- x 2, 20 sec rest/1:45 min rest



- 1. Start on goal line. Sprint 10 yds. Decelerate to 20 yd line. 15 sec rest
- 2. Sprint 20 yds. Return to goal line.
- 3. Sprint 30 yds. Decelerate to 40 yd line. 15 sec rest
- 4. Sprint 40 yds. Return to goal line.
- 5. Sprint 40 yds. Decelerate return back to 30 yd line. 15 sec rest
- 6. Sprint 30 yds. Return to goal line. 15 sec rest
- Sprint 20 yds. Decelerate return to the 10 yd line. 15 sec rest
- 8. Sprint 10 yds. Recovery before next effort is 90 seconds

The athlete will rest 20 seconds between each rep. After 8 plays the

athlete will rest for 2:00 minutes before starting the next set of 8 plays. If at any time you are having problems catching your breath or have any signs of distress make sure you check with your athletic trainer and your coach

